



BEST TV

Must-see picks
of the week

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cut newborns' brain damage

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Is climate change behind
recent extreme weather?

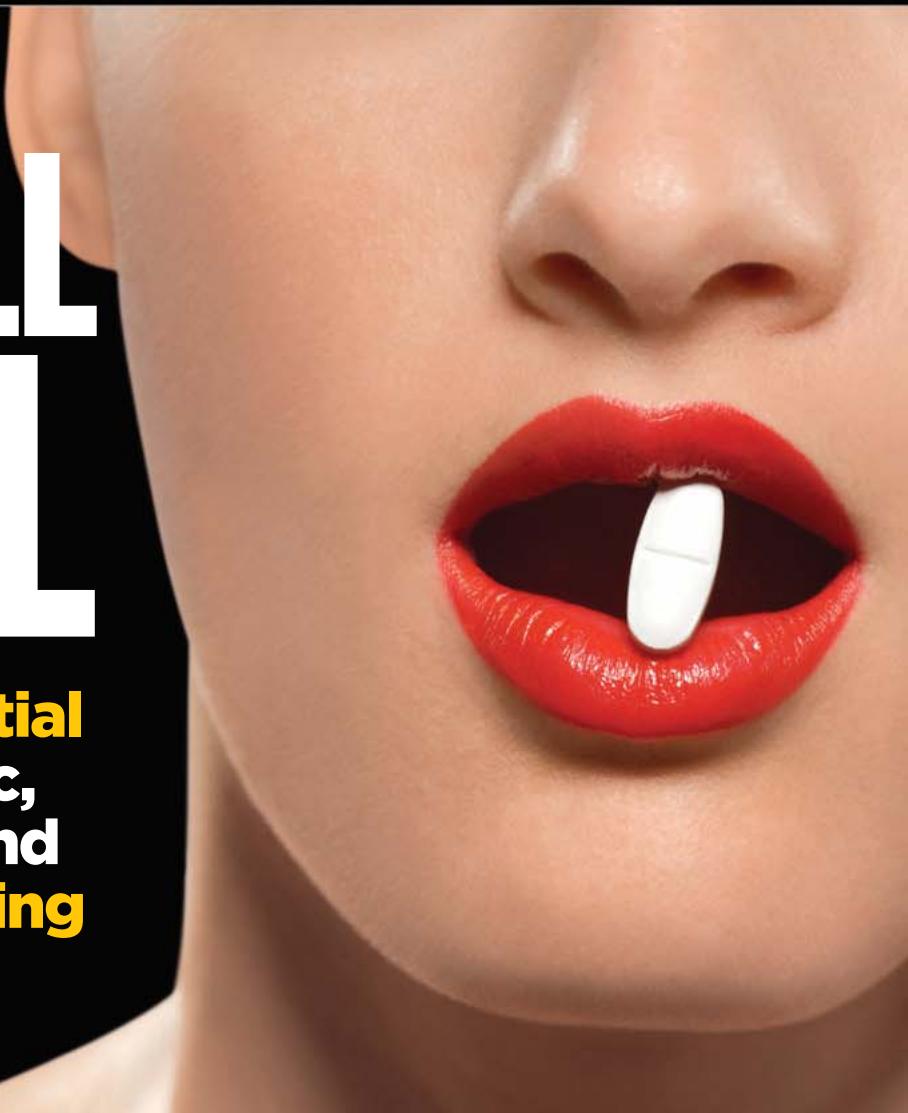
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HOW MANY CARS DO WE HAVE TO WASH TO FUND FUTURE CURES FOR ALZHEIMER'S, EPILEPSY, STROKE, PARKINSON'S DISEASE, MULTIPLE SCLEROSIS & MANY OTHER BRAIN DISORDERS ?



Professor Richard Faull, Director, Centre for Brain Research, University of Auckland

New Zealand scientists aren't that flash at washing cars. But they are world-renowned for their leading-edge research into neurological disorders such as stroke, Alzheimer's disease, epilepsy, brain cancer, depression, Huntington's disease, migraine, motor neurone disease, multiple sclerosis, muscular dystrophy, Parkinson's disease and traumatic brain injury.

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How the other half live

The rights of over-sixties is a legitimate cause, but Winston Peters is inviting a backlash from younger taxpayers.

When it comes to inter-generational warfare, it is up to political leaders to be peace activists. Few debates are more pointless and depleting of nationhood and goodwill than those that involve the crude and sometimes cruel objectification of an entire generation. "Gen Y kids are too sheltered." "Baby boomers are greedy."

None of us has any say over when we are born. Most of us do our best with the set of socio-economic cards we're dealt. How we get on, singly or en masse, is not even necessarily within our control.

Yet the political rewards of pandering to one generation at the expense of others can be considerable for those wanting to divide and conquer. It's in this militant vein that New Zealand First leader Winston Peters is attacking attempts to curtail the fiscal burden of SuperGold Card entitlements. He has railed against the Government and local authorities continuing to cap discounts on buses, trains and the Waiheke ferry with a ferocity he should reserve for actual elder abuse.

To be fair, this is political territory he has legitimately carved out for himself. He has long made a virtue of defending the rights of the over-sixties, and they have rewarded him with a remarkably consistent show of support over his 22 years as New Zealand First founder and leader. His extraction from the Clark Labour Government of a scheme to give those aged 65 and older free non-peak travel on public transport is perhaps his crowning achievement. The card is a busy fulcrum for other discounts, and pensioners appreciate both the gesture and increasingly the reality of free daytime travel.

But they, and Peters in his influential advocacy, have a wider duty to consider the fair limits of these benefits. Yes, free travel does help reduce the isolation and loneliness older people can suffer. Over time they may lose the ability to drive; their network of friends shrinks; their partners die. Few New Zealanders would begrudge the very real benefits of a SuperGold Card subsidy.

When Lycra-clad retirees are highly visible touring Waiheke vineyards on their pricey bicycles at taxpayers' expense, something has to give.

However, in vigorously decrying the notion of any limits to this bounty, Peters and the grey lobby are inviting a nasty backlash. As with so many pithy social-equity debates, Auckland is ground zero for resentment. When Lycra-clad retirees are highly visible touring Waiheke vineyards on their pricey bicycles at taxpayers' expense, while young families are struggling to heat their homes and afford fares to work and school, something has to give. Does the baby-boom generation really want to invoke the wrath of younger taxpayers, who could one day choose to turn off the superannuation tap?

Although quickly dissuaded from the idea, Labour leader Andrew Little showed inter-generational rebalancing was top of mind when he extemporised that pension-aged people who were still working should perhaps be means tested.

At \$26 million, SuperGold Card travel is hardly a surplus-busting expense. But equally, free transport is not a necessity for most of our 650,000 SuperGold Card-holders. Peters' determination to expand the service to include more ferry services to beauty spots in his Northland electorate will serve only to inflame younger citizens' resentment.

He should pick his battles. Trading away some fare support for his bill to give pensioners free doctors' visits would be a good show of discernment. Peters is right when he says the well-researched reluctance of many elderly to get help when they have troubling symptoms is a false economy. His proposed three free annual visits would almost certainly be fiscally neutral or better. It's a public-health strategy few fair-minded New Zealanders would decry. Doctors' visits

are expensive – and undeniably necessary.

In truth, there's little danger of senior citizens becoming forgotten or neglected as a class – still at the height of his powers at 70, Peters furnishes robust evidence of that. The superior spending power of ageing boomers is finally being recognised and harnessed by business, to mutual advantage. Retailers, garden centres and cinemas now often designate pensioner discount deals for off-peak times.

But with cardholder ranks growing by about 20,000 a year, it's little wonder the fare discounts have so massively outgrown the original \$18 million-a-year budget. At its rate of growth, the SuperGold Card will soon have to be renamed the MegaJumbo-Gold Card. Peters would surely hate his prized legacy to bloat into a symbol for inter-generational inequity. ■



Winston Peters: risking resentment.

Germany's cool housing market

For somebody who knows all about everything, Gareth Morgan got one thing seriously wrong in his economic analysis ("The cruel sea", June 27). The owner of a flat in Germany pays about €200 a year as Grundsteuer, a tax that is distantly related to our local rates. However – lucky Germans – it pays only for the costs directly related to property, which excludes the local government bureaucracy, its social expenditure and roads. Therefore it has nothing to do with cooling the German housing market.

Germany's housing market did not develop a bubble simply because there is no shortage. As for speculators, Germany taxes capital gains on housing, even owner-occupied, if a house is sold within 10 years.

Peter Kammler
(Warkworth)

Gareth Morgan replies: *The rate of the Grundsteuer varies by region and authorities are slow in updating property prices, which can erode the tax's impact. But together with other policies – a 5% tax on property sales (including the family home), regulation of renter rights and provision of housing supply – real house prices have been flat in Germany for 30 years. Prices there are based on the demand for accommodation,*

not the demand for investment, which in turn ensures there is plenty of money for businesses to invest. This is clearly not the case in New Zealand – our problem runs deeper than supply constraints, as can be seen in the disconnect between house prices and rental returns.

SYMPATHY FROM THE SOUTH

Thanks for an amusing take on Auckland's housing woes (*Life*, June 27). We sympathise. No, really. I'm astonished, though, that you haven't seen through the threats of landlords to "withdraw" from the rental market if they are expected to provide houses of a decent standard or to pay a reasonable tax on any capital gain.

What they mean is that they will have to put these houses on the market if the ridiculously easy ride they have now is made harder and less profitable. If enough investors sell and fewer are keen to buy in, there is a price adjustment right there. And this will be of great assistance to our first-home buyers currently locked out.

The only screams you'll hear from the younger generation will be of delight as they are finally able to get into that first home. We owe them that.

Carolyn Adams
(Ngaio, Wellington)

WRINKLES FOREVER

Of course we are all vain – that's human. Fortunately I have never wanted to use Botox to reduce the signs of age ("Reeling in the years", June 20). Every wrinkle I have

is a testament to my life experience, tough and enjoyable in equal measure.

I have seen the results of face alteration and been saddened by the total lack of expression that ensues. In the end, it's your mind and attitude to life that matters. Bring on the wrinkles, I say. Character and expression are the real attractions, whatever age you are.

Marti Friedlander
(Parnell, Auckland)

It was wonderful to read a down-to-earth and honest article on surgery-free appearance medicine rather than the usual alarmist media articles on the subject. As a 52-year-old mother of two teenagers, I have had both Botox and dermal fillers over the past six years. Why? To look fresher, better and happier. If you also end up looking a few years younger, that's wonderful, but it's not my main aim.

Rosemary Gallie
(St Heliers, Auckland)

The appearance-medicine article does nothing to encourage an acceptance of the natural ageing process that we should be thankful we've lived long enough to experience. Instead it reinforces the idea that cosmetic "medicine" is a normal part of ageing, when it's just something dreamt up by people who manufacture problems that they can provide solutions to in order to make money from us.

Belinda Smith
(Oamaru)



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We live in a country where some pay thousands of dollars in an ongoing attempt to look better and others cannot afford to turn on a heater.

Carol Brown
(Wellington)

ASCENT OF TELEVISION

Clare de Loe made a good start with her choice of Richard Faull and his best-loved books (*Shelf Life*, June 27). Jacob Bronowski is one of my idols too. But his book *The Ascent of Man* was not made into a television programme, as Faull suggested: the magnificent 13-part TV series, first broadcast in 1973, came first.

Bronowski appreciated the difference this made. In the book's preface he writes that he closely followed the TV script, first to preserve the spontaneity of thought in speech, and second "to guard the spontaneity of argument. A spoken argument is informal and heuristic; it singles out the heart of the matter and shows in what way it is crucial and new."

Like the book, the television series remains fresh and is well worth a look on DVD or YouTube.

George Andrews
(Ponsonby, Auckland)

LETTER OF THE WEEK



Letter of the week

The letter of the week prize is a BBC six-DVD set of Shakespeare plays, including *Romeo & Juliet*, *Richard II*, *As You Like It* and *Julius Caesar*.

BEATING BULLYING

Your article on bullying and

Caption competition



Would you agree you have an overinflated idea of yourself?

WINNING CAPTION

Rob Thornton, Palmerston North

FINALISTS

"Can you give me two good reasons why you're so popular?" – Dana Phillips, Tauranga

"Chin up. *Keeping Up with the Kardashians* will always have its knockers." – Ian Niehorster, Titahi Bay

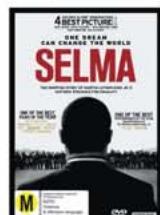
"You look pretty calm, Kim, but I bet you're under a lot of pressure." – Tanya Clarke, Auckland



THIS WEEK'S PICTURE

THE PRIZE The winner of our weekly caption competition will receive a DVD of *Selma*, which tells the story of the 1965 civil rights march from Selma to Montgomery, Alabama, to secure voting rights for African Americans, with David Oyelowo as Martin Luther King Jr.

TO ENTER Send your captions for the photo above to caption@listener.co.nz, with "Caption Competition No 134" in the subject line. Alternatively, entries can be posted to "Caption Competition No 134", NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141, or submitted through listener.co.nz/comps. **Entries must be received by noon, Tuesday, July 14.**



its effects on students was timely and informative ("Bully beef", June 13). Many students suffer the effects of bullying behaviour throughout their education and on into adulthood. However, a strategy not mentioned in the article is effective at preventing this behaviour from escalating.

The no-blame response to bullying empowers students to work together to solve the problem for their peers. It's not a punitive approach but rather harnesses the leadership and strategies of a carefully selected group in consultation with the student suffering the bullying.

The group of about six students consists of the bully/bullies and helpful, supportive students who have demonstrated leadership abilities. The process is facilitated by school senior management or a counsellor. After being made aware of the difficulties and

implications for the bullied student, the group formulate a plan and work together undercover to help make things right for the student being bullied. The group and staff member meet after a week to evaluate progress and decide on any other steps. The student who has been bullied checks in separately.

This method is helpful at solving bullying before the behaviour becomes ingrained, out of control and potentially damaging for life.

Maeve Stevenson
(Mount Cook, Wellington)

ATTACKING DEFENCE
The fog remains over our murky defence waters ("Fighting talk", June 20). The long-term peace and security of New Zealand and the South Pacific were originally underwritten for an independent New Zealand in the Anzac and

Anzus Pacts of 1944 and 1951, but both were given away like messes of potage.

Now the proposal is for another meaningless White Paper; meaningless because it will not address the basic issue of effective collective security arrangements for Zealandia and the South Pacific region.

It will, however, ensure the traditional delay in significant military expenditure – on which the Treasury and its ministers so effectively rely – that will shut out the restoration of a blue-water navy covered by an effective strike air force.

Hon Hugh Templeton
(Wellington)

MAKING EXTINCTION PERSONAL
Legal personhood, which was raised in the profile of new Green Party co-leader James Shaw ("Shaw line", June 27), could be a tool to avert mass

extinctions, as warned of by scientists from Stanford, Princeton and Berkeley universities. In an article in *Science Advance* magazine, they state that greatly intensified efforts are needed to protect threatened species from habitat loss, exploitation for economic gain and climate change.

Humanity is just part of the natural world and is dependent on the health and diversity of our biosphere. So in the same way the Whanganui River and Te Urewera have legal personhood, maybe it's time to consider giving all living things the same protection in law. In the face of research that highlights the extinction threat, this is an urgent discussion worth having.

Alison Fletcher
(Picton)

DELICIOUS SARCASM

I have to disclose that I'm a fan

Quips & Quotes

"I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day." – EB White, quoted in the Week

"Why do they call it a 'building'? It looks like they're finished. Why isn't it a 'built'?" – Jerry Seinfeld, quoted in the New York Daily News

"Conquering the world on horseback is easy. It is dismounting and governing that is hard." – Genghis Khan, quoted in the Times

"Now that President Obama has 19 months left, media outlets are speculating about what his legacy will be. Some think it could be healthcare, or the trade deal. 'Yeah, what could it be?' said the first black president, Barack Obama."
– US TV host Jimmy Fallon

"My father always said, 'Never trust anyone whose TV is bigger than their book shelf', so I make sure I read."
– Game of Thrones star Emilia Clarke

"The statistics on sanity are that one out of every four people is suffering from a mental illness. Look at your three best friends. If they're okay, then it's you." – US writer Rita Mae Brown

"Success is stumbling from failure to failure with no loss of enthusiasm." – Winston Churchill

"Nigel Farage has a secret code for a boozy lunch. He and his former aide would often slope off for a PFL – or 'Proper F---ing Lunch'. This usually involved three or four bottles of wine." – Newsnight programme quoted in the Week



of *Come Dine with Me UK* (TV Review, June 27). It's so bad it's good. Joanna Lumley writes in her autobiography that she's addicted to the show, so I figure I'm in good company.

I agree with Diana Wichtel that Dave Lamb is wonderfully sarcastic. Surely there's only one person in the TV3 stable

who could make the New Zealand version hum with similar outrageous barbs, and that's Paul Henry. Maybe he was invited but declined. If so, what a shame. But how blind of the producers if they didn't even think to ask him.

Heather Giles
(Christchurch)

Life in New Zealand

YES we do some great trips, however, this time members of the Whakatane Probus Club were at Kelly Tarlton's Antarctica and Aquatic Experience.
Whakatane Beacon, 19/6/15

Ms Porteous said they had no idea who the owner of the dog might be, as she was not micro-chipped ...
Bay of Plenty Times, 19/6/15

We serve 40-45 meals every Monday ... If you have time please feel free to join us and have a meal.

Wanganui church newsletter, 14/6/15

For parents & educators: Supporting genius of disobedient thought.

New Zealand Association for Gifted Children advertisement in Otatara School newsletter, 9/6/15

LIFE IN NEW ZEALAND: Entries must describe New Zealand events. The first sender of those accepted will receive a \$5 Booksellers voucher. Enclose name, address and source/date; TV and radio entries must also include specific time. No correspondence will be entered into. **SEND TO:** Life in NZ, Listener, Private Bag 92512, Wellesley St, Auckland 1141. Picture files only can be emailed to: life@listener.co.nz

I could be made to believe that the Earth is flat, the sun rises in the west and Poseidon controls the tides. I could be made to believe that the sun revolves around the Earth and that the cow actually did jump over the moon. But I am finding it well nigh impossible to believe that I live in a world where *Campbell Live* is replaced by *Come Dine with Me*.

Margo Stevenson
(Castor Bay, Auckland)

SOCIAL BONDING

The assertion that social bonds are the riskiest policy of this Government is a fallacy (*Politics*, June 13). The column confuses the policy imperative of changing the way the social infrastructure of Aotearoa is constructed with the practical working out of that policy in its initial trial. Politicians and the public need to distinguish between the two.

Social bonds are a concept born of non-governmental organisation (NGO) frustration with the way in which Western democracies control and fund social outcomes. Paying NGOs annually to deliver complex outcomes for vulnerable people, subject to the political whims of governments elected for three-year terms, does not work. Assets have to be bought, staff recruited and trained, stakeholders consulted and funds raised to deliver long-term efficacious outcomes. That's why under this Government, Serco was given a 25-year contract for the new South Auckland prison to deliver a particular social outcome. Those of us in the NGO sector wanted an equivalent deal – the compromise we were offered was social bonds.

What we will get is a highly controlled, overly bureaucratic policy and process that carries absolutely no risk to the Crown. It flies in the face of

ISO 31000, the international risk management standard, which sees two sides to risk: the negative, which the Crown usually espouses, and the positive opportunity aspect that NGOs and social entrepreneurs wish to work under.

The Government's social bond trial might appear risky, but the parties carrying the actual risk are the delivery agency and the bondholders. The Crown and its agencies will ensure the objective of social bonds, to change the way social services are delivered and paid for, will never get out of their vice-like grip.

Robin Gunston

(Whitby)

GROWING UP IS HARD TO DO

Marc Wilson writes that something has to be done about the high rate of depression in young people, which will overwhelm the health services (*Psychology*, June 20). My take is that they will mostly grow up and suffer much less depression as mature adults, like we all did.

Finding your feet in school and society after years as a cosseted child is indeed stressful. But eventually you get the hang of it and find your place in the world.

Lorne Kuehn

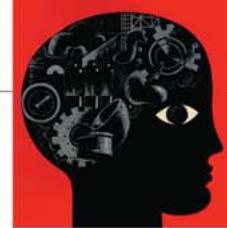
(Sydenham, Christchurch)

TO THE WORKHOUSE WITH THEM

May I commend your correspondent Patricia Fenton's insightful suggestions for the alleviation of child poverty, particularly her thoughts about bringing back juvenile chimney sweeps. (*Letters*, June 20). However, I suspect the

10 Quick Questions

by GABE ATKINSON



1. "Argent" is an old-fashioned word for what?

- Gold
- Iron
- Asbestos
- Silver

2. What colour is a ripe bergamot orange?

- Yellow
- Orange

3. Which of these art forms was Len Lye primarily known for?

- Interpretive dance
- Outdoor murals
- Mosaics
- Kinetic sculpture

4. Which of these is not a Gilbert and Sullivan opera?

- HMS Pinafore
- The Gondoliers
- The Sorcerer
- Carousel

5. Which of these films does not star Charlie Chaplin?

- The Great Dictator
- City Lights
- Modern Times
- The General

6. What is the road from Stratford to Taumarunui (SH43) known as?

- Forgotten World Highway
- Mystery Highway
- Lost Highway
- Kauri Trail Highway

7. On an Indian menu, what does "aloo" mean?

- Spinach
- Chicken
- Lamb
- Potato

8. Which of these countries is an island?

- Qatar
- Bahrain
- Yemen
- Kuwait

9. What is puha also known as?

- Sow thistle
- Fern root
- Taro
- Scurvy grass

10. True or false? The human body can naturally produce alcohol.

- True
- False

Answers on page 64.

Letters to the editor {letters@listener.co.nz}

The Editor, Listener, Private Bag 92512, Wellesley St, Auckland 1141.

● Letters under 300 words are preferred. ● A writer's full residential address is required on all letters, including emails. A phone number can be helpful.

greenie brigade would oppose this by invoking council smoke-emission laws. (Sometimes, of course, it would be necessary to light a small fire to smoke out little tykes taking an unauthorised rest break somewhere up a flue.)

Therefore, why not also bring back the workhouse, that venerable Victorian institution that persisted right into the 1930s – they must have been good. Such an institution, run on a charter school model, would have the clout to deal with recalcitrant children in need of a good dose of the 21st-century work ethic.

Brendan Wright

(Warkworth)

FOOTIE GETS A KICKING

The *Listener* may be unaware but New Zealand has just hosted football's U-20 World Cup, which could have inspired an informative article about the teams that had progressed to the quarter or semi-finals. Instead, we got a rant about Fifa corruption (*Sport*, June 27), which had been all over the news for weeks, and then a bizarre attack on fouls and diving.

I'm not sure what games your columnist had been watching but I haven't seen much of this behaviour for quite some time. Still, at least he refrained from mentioning Luis Suarez' biting shenanigans on this occasion.

Sean Brosnan

(Helensville, Auckland)

Sport columnist Paul Thomas replies: *The column to which Brosnan refers addressed the pernicious "beautiful game" delusion. I'd like to thank him for*

providing a textbook example of the mindset underpinning it.

HANSOM CAB'S RECOGNITION

How nice to read of Lucy Sussex's book about Fergus Hume, the Kiwi writer of the world's biggest-selling crime novel of the 19th century ("How to write a bestseller and not get rich", June 27). I read his novel, *The Mystery of a Hansom Cab*, about six years ago and was struck by its filmic potential.

It had been adapted three times for silent film in the early 1900s. I felt it would translate for today's audience and developed the project through our Australian associate company. The result was, as the article says, "an impressive 2012 Australian television special". It's good the story is getting recognition.

John Barnett

South Pacific Pictures
(Auckland)



TOBY MANHIRE

Who's the boss?

When you're at Glastonbury, it's everyone but the Man.

From the rebellious anthems of the Pyramid stage to the dubious fumes of the Stone Circle, Glastonbury Festival must surely be a Tory's idea of hell. On the contrary, insists **Steve Hilton**, former senior adviser to British Prime Minister **David Cameron**. Far from being a "left-wing utopia", the event offers Conservatives "a model for radical policy reform", writes Hilton in the *Spectator*. Some might find the surroundings distasteful, but "you'll find terrible music, dirty people, drugs of various kinds, political lectures and disgusting food everywhere. It's a question of taste. Personally, I love Glastonbury."

The festival "operates according to a principle that many politicians – especially Conservative ones – hold dear: 'trust the people'." The temporary population of 150,000 is an exemplar of self-reliance. "There are no rules. No officious busybodies popping up every five minutes to tell you that you can't walk here or sit there. No well-meaning government 'initiatives' to 'help' and 'protect' you." It all produces not anarchy, says Hilton, "but order: democratic order created by people, rather

than the maddening, soul-crushing bureaucratic order we experience daily in modern life. It leads to better standards of behaviour, a civility that is sorely lacking in our bossed-about world."

bit.ly/NZLglasto

It seems unlikely that Danish politician **Alex Ahrendtsen** would much like Glastonbury. Incensed at overuse of foreign phrases, the culture

spokesperson for the right-wing People's Party has mooted a new tax on English words in advertisements. The recent "Do It for Denmark" campaign, for example, which urged patriotic couples to travel overseas and improve the birth rate, would have faced a decent bill.

"We want them to stop communicating to us in English," said Ahrendtsen – in Danish, naturally, but helpfully translated by the *Copenhagen Post*. "It irritates me considerably."

Alas, his idea has failed to gain traction. Rivals were quick to ask "what should be done about words like computer, jazz, bacon and pulled pork", all in common usage, reports the *Local*. One MP reacted by enunciating, in English, "no more taxes". Another, **Jeppe**

Mikkelsen of the Social Liberal Party, appraised the idea using one of the most evocative nouns in the Queen's English: "Bullshit".

bit.ly/NZLdenmark
bit.ly/NZLdenmarkbs

When it comes to marriage proposals, clarity, on the whole, is paramount. But **Matthew Dick** wanted to be cryptic. Specifically, he wanted to propose to **Delyth Hughes** through the



"You know, we actually only ever use 2% of our fat asses."

Times' cryptic crossword. Its editor obliged, leading to "one of the most unusual editions in its 85-year history".

Among the clues were "Will you marry me", say, that's forward also rude!", for which the eight-letter answer was "proposal", and "Pretty Welsh girl widely thought not to be all there", the six-letter answer being "Delyth". According to the BBC, Hughes "did not say anything for 30 seconds, before jokingly saying 'No',

"You'll find terrible music, dirty people, drugs of various kinds and disgusting food everywhere."

followed by 'Yes'". She said it was a "typical" gesture on the part of Dick, who is "a smartarse at the best of times".

bit.ly/NZLxword
bit.ly/NZLxwordyes

There's nothing cryptic about **Catriona Stewart**'s assessment of such stunts in the *Glasgow Herald*. These days, the columnist complains, proposals seem to require "a flash mob, the stopping of foot traffic in major shopping centres on bank holiday weekends and a professional videographer to record the whole thing. You might even bring a football stadium to a stop, if you don't have enough friends or money to arrange 40 singers bleating **Stevie Wonder** outside the poor woman's place of work."

Such public displays of proffered matrimony are "a form of emotional abuse", she argues. What of the risk that the individual being so dramatically bidden might "feel press-ganged into saying yes"? Not to mention the "emotional equilibrium of the poor bystanders".

Mind you, Stewart is perhaps not the world's most romantic soul. "I always wonder why," she confides, "it's not sufficient for one [adult] to say to the other, in the privacy of your own home and at your leisure, 'It might make good financial and legal sense to sign a contract meaning we get half of each other's cash when we break up.'"

bit.ly/NZLproposals



RACHEL MORRIS

IN WASHINGTON DC

American sniper

The indelible racial history of the US is deeply embedded in its politics.

I've lived in the United States for a little over 10 years now, and on visits home to New Zealand, certain questions crop up again and again. "Why is America so crazy about guns?" is a common one. As is "Why are their race relations so messed up?"

I used to try to answer with explanations about the structure of the American political system; how there are regional cultures so distinct that you might as well regard them as different countries; how big, diverse nations are just messier than small, relatively homogenous ones. Over the years, these observations, all true enough, began to seem increasingly lame. If you live here through enough incomprehensible events in which the country convulses with outrage for a week and then nothing changes, you start to wonder if there's just something in the water. Which is more accurate than it sounds, as evidenced by the murder on June 17 of nine people at a black church in Charleston, South Carolina, by a white supremacist gunman. What's in the water is history.

From the outside, we think

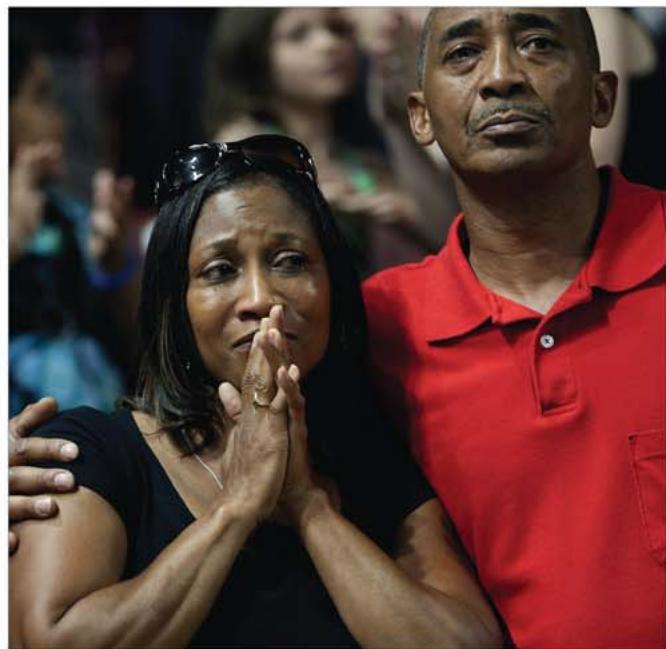
of the US as a modern country – an economic powerhouse, the breeding ground for drones and Uber and iPads and Netflix and self-driving cars. But when you live here, it doesn't really feel that way. Washington DC, where I live, is a small city divided into quadrants. The north-west quadrant, where the political class lives, is one of the richest enclaves in America. The south-east is one of the poorest, where only a quarter of kids read at grade level and the Aids rate has at times rivalled that of Uganda. The north-west is mostly white; the south-east mostly black.

Throughout the country, public schools are funded by property taxes, which usually means that kids in poor black areas have terrible schools and kids in affluent white areas have decent ones.

Another question I often field when I'm home is "How can the richest country in the world have such a crummy social welfare system?" A host of social-science research has shown that the more negatively conservative whites view African Americans, the more likely they are to oppose expanding the social safety net.

In other words, race remains embedded in nearly every major political question in America. But to admit that African Americans essentially occupy a country with different laws and opportunities to those of whites would mean confronting America's toxic

While the left may protest racial inequality, it is ultimately prepared to live with it.



A prayer vigil in Charleston in honour of those lost during the mass shooting.

racial history. And that's something the US has never been able or willing to do.

You could see this in the response to the Charleston shooting. The killer, Dylann Storm Roof, posed for photos with neo-Nazi insignia and reportedly told the people he murdered: "You rape our women, and you're taking over our country. And you have to go."

That's as clear-cut as it gets – and yet most prominent American conservatives wouldn't even acknowledge that the incident was racially motivated. Republican presidential candidate Jeb Bush said, "I don't know what was on the mind or the heart

of the man who committed these atrocious crimes." A Fox News presenter suggested that because the shooting took place in a church, it may have reflected hatred of Christians rather than African Americans.

On the left, there was plenty of outrage about the attack. Yet while the left may protest racial inequality, it is ultimately prepared to live with it. Atrocious acts and brutal segregation will always be a part of America's racial history. But until the country has a truly honest reckoning with this legacy, they will never be confined to its past. ■

New Zealander Rachel Morris is executive editor of features at the Huffington Post.



JANE
CLIFTON

Follow the chemtrail

In hindsight, crashing and burning was always likely for Craig and co.

Whatever happens to what's left of Colin Craig's party, the word "conservative" will never have quite the same meaning in this country again. Till now, it had been thought to mean politics with a fiscal belt-and-braces approach and a status-quo, rule-of-law, don't-frighten-the-horses sort of deal about social issues.

Craig obviously thought it meant something else. His making a virtue out of "keeping an open mind" on ludicrous propositions like chemtrail conspiracies and faked Moon-landings was an early clue. Now it transpires he was behaving, behind the scenes, in a distinctly unconservative manner, fiscally and socially. We may never – and perhaps should never – know the details of what "inappropriateness" occurred between Craig and his press secretary, Rachel MacGregor. But given the inappropriateness of the way he has handled himself in public, it's no surprise most of his board has fled in mortification.

Astonishingly, Craig believes his political career is not over. Suffice it to say, if he decides upon a new political vehicle, he'd better not call it the Gallantry Party.

As often happens in politics, it's not the mistakes and scandals themselves that do for people, but how those involved conduct themselves when it all comes out. Craig might have survived had he not tried to subvert querulous board members and then, fatally, made innuendos about MacGregor.

Whatever took place, there is clear evidence – including a Human Rights

Commission-brokered settlement in her favour – that Craig badly upset MacGregor. And given that she had previously worked in television production, that would have taken some doing.

Both have strenuously denied an affair. The inference from what has come out is that he became smitten with her, and there was some issue with money. These things can happen, especially in the claustrophobic, us-against-them climate of the hustings. It's easy to forget that for much of last year's campaign, polls suggested the Conservatives could hit the 5% threshold and get several MPs into Parliament. It must have been both heady and horrendously stressful being at the all-or-nothing tipping point for all that time.

Much could be forgiven. But not the blatant attempt to portray MacGregor in a bad light, and especially while knowing that she was bound by a confidentiality agreement that Craig had just blithely broken. Being wealthy where she is not, he is better able to withstand any further

litigation over confidentiality.

With admirable restraint, MacGregor has sought his consent to break the silence pact so she can state her side. His response has been to imply he would then feel free to heap more unpleasantness upon her.

It's not the scandals that do for people, but how they conduct themselves when it all comes out.

NOT FIT FOR OFFICE

Craig's serene demeanour suggests he hasn't processed the fact that the world is only slightly shocked by the possibility he behaved inappropriately towards an attractive young woman in his employ, but utterly appalled that he would stand up at a press conference and enjoin his wife in trying to make his defenceless victim look bad.

If we needed another reason that Craig is not fit for public office, the nation has just had an elaborate and long-running primer on how not to handle this sort of situation: the

Prime Minister's ponytail-pulling debacle. Craig could hardly have missed all the coverage, yet he learnt nothing from it, not even how bad it looked when a powerful man initially



tried to make light of what was actually quite a serious affront to young woman.

In a wider democratic sort of disappointment, this means that, yet again, a promising attempt to establish a viable Christian or centrist party – and admittedly it's not clear which the Conservatives would have been – has foundered. Centre parties have had a patchy record in other democracies comparable to ours. Britain's Social Democrats were just cleaned out for a row of cans, and although Ukip is now a formidable force, it's fuelled in large measure by the peculiarly British issue of European Union membership.

We lack such a putative enemy. But given this country's fluid voting traditions, in which people are less and less likely to be lifetime tribal Labour or National supporters, it has always seemed logical that a genuine centrist party would appeal. There were high hopes when MPs from both sides peeled off to form United in the 90s. But from the moment its leader, Clive Matthewson, proclaimed

its mission was to "get things about right", the difficulty of branding became clear. Somehow, the pendulum always swings from "sensible, "honest-brokering" and "balanced" to "wimpy-washy", "beige" and "boring."

WHAT'S A CONSERVATIVE TO DO?

At certain points, it has also seemed logical and appealing to have a minority party with an unapologetic, socially conservative compass in Parliament. As secular as New Zealand strives to be, there is a big population of worshippers of all religious stripes who feel deeply unhappy at social liberalisation such as gay marriage. Bitterness over such issues could be assuaged if, at least, opposition could be voiced unabashedly in Parliament. Yet try as they might, they can never coalesce into a stable, electable force. The Christian Coalition passed the 4% mark in the first MMP election, but took this as discouragement rather than a reason to go on. (And given co-leader Graham Capill's subsequent child-sex convictions,

that was a mercy.) Peter Dunne grew United into United Future, which attracted a churchy component for a time – and even the huntin', shootin' and fishin' lobby – but these were never a great fit with that party's more liberal origins, and failing to make his brand distinct, Captain Sensible was only briefly in line to be a centrist leader.

The Right of Centre Party tried to harness the provincial and rural vote via the electoral shortcut of having two newly ex-National MPs' resources to draw on, but RoC sank like a stone.

As has so often been the case in our politics, what remains is Winston. New Zealand Future has made itself distinctive over just enough territory to cut through the murky middle. Winston has always worn the small "c" conservative brand like a dowager's tiara. Seeing Craig, with a few ill-chosen words, render a once-viable vote-extender for the next National Government into a basket case, he will doubtless feel a pretender has been rightfully run off his estate. ■

As so often has been the case in our politics, what remains is Winston.

PILLS & PILLS

Medication for such things as ADHD and mood disorders may be having little or no effect, but a new nutritional approach is proving promising. **by SALLY BLUNDELL**

The writer, a father, sounds desperate. His 17-year-old son, diagnosed with attention deficit hyperactivity disorder (ADHD) when he was four, is finding life a "huge struggle".

Julia Rucklidge, professor of clinical psychology at the University of Canterbury, reads out the email: "He's had more counselling and drug treatments than any kid should have to have ... nothing really helps him. He suffers from anxiousness, impulsivity, severe depression and lack of confidence."

Rucklidge throws up her hands. "Is this as good as it gets? If [medication] is working, you should be well. It's as if people think, if I'm on a medication and still unwell, that proves how unwell I am."

She scrolls down through more emails: people diagnosed with schizophrenia still experiencing psychotic episodes after 20 years on medication; adults on combinations of antidepressants feeling flat, numb, disengaged; people suffering from ongoing anxiety despite a diet of prescription drugs; children with ADHD treated with Ritalin but still struggling at school. People with mental health issues, she says, "are not

getting as well as we probably think they are".

Rucklidge points to a 2003 study by US psychiatrists Martin Harrow and Thomas Jobe showing that over a 26-year period, people diagnosed with schizophrenia who had less or no long-term antipsychotic use after the initial acute phase experienced better outcomes than those who stayed on antipsychotic medication. As US National Institute of Mental Health director Tom Insel wrote at the time, "It appears that what we currently call 'schizophrenia' may comprise disorders with quite different trajectories."

Another study, an eight-year analysis of 579 children with ADHD: despite access to drug treatments such as Ritalin, children on long-term medication showed no improvement in educational outcome.

Yet another, reported in a 2013 article in the *Australia New Zealand Journal of Psychiatry*: despite the use of antidepressants over 50 years, our recovery rates from depression are no better than they were before the advent of medication.

"Is that acceptable?" asks Rucklidge. "We have spent billions of dollars on antidepressants and there is no difference in outcome? You look at this and think, 'What should we do?' Do we ignore

Mental-health outcomes haven't really improved in the past 50 years.

**For mild depression,
the evidence is
quite strong that
some forms of
psychotherapy are
just as effective as
medication.**



it? Do we say this is the cost of treating people with mental illness? Maybe this is acceptable."

Psychiatrist Roger Mulder, professor of psychological medicine at the University of Otago, thinks not. "When I went into psychiatry, we had a technical paradigm: mental illness is like any other illness, so what we should do is categorise it, find the specific causes and treat it. That seemed an appealing model – it helped destigmatise mental illness, and the drugs were available."

But this paradigm has two problems, he says. The first is that mental-health outcomes haven't really improved in the past 50 years. "If you look at admissions to hospital for mood disorders [such as bipolar disorder], they haven't really changed. If you look at the outcomes of major depression in the long term, they don't seem different. If you look at young people, rates of psychological distress appear to be increasing rather than decreasing, with younger and younger people getting psychologically distressed. And suicide rates haven't dramatically altered."

The second problem is that most evidence suggests general aspects of mental health care are at least as important as technical elements such as drugs and specific psychotherapies.

A DRAMATIC DECLINE IN SYMPTOMS

In 1996 in rural Alberta, a widower – desperate to help his two young children diagnosed with bipolar disorder and still "very unwell" despite multiple medications – began searching for a more effective solution. He teamed up with a biologist who'd had considerable success giving micronutrients to distressed farm animals. They put together a micronutrient formula of some 36 amino acids, vitamins and minerals – in doses much larger than those available in over-the-counter supplements – and set up a company with the toe-curling name of Truehope.

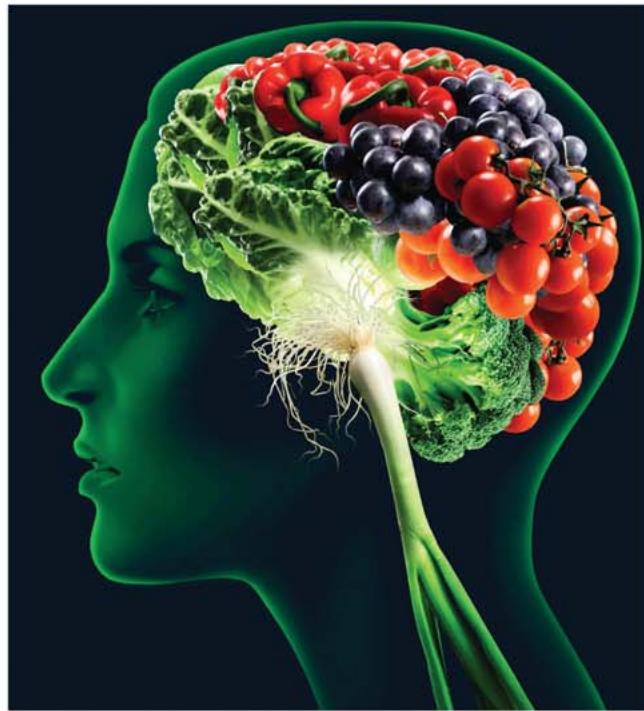
Some said snake oil, others said miracle cure. Rucklidge, then a PhD student at the University of Calgary, was sceptical.

As a scientist, "it is not a company you necessarily want to affiliate yourself with", she says. "And I'd been taught diet and

nutrition had no place in the treatment of [mental illness]. But as scientists, is it not our role to explore these things?"

Unusually for such companies, the manufacturers wanted scientists to study the formula. And unusually for pharmaceutical developers, they did not ask to be involved in the design of the research.

The resulting study by Rucklidge's former supervisor, research psychologist Bonnie Kaplan, which followed adults and children diagnosed with bipolar disorder, found a



Those receiving micronutrients had improved more than those on the placebo, both in terms of general well-being and ADHD symptoms.

dramatic decline in symptoms.

After arriving in New Zealand in 2000, Rucklidge trialled these same micronutrients with a group of 80 adults with ADHD – at a time when few adults were medicated for the disorder as many health professionals did not believe it continued past childhood.

For eight weeks, half the group took micronutrients while the other half took a placebo. The results, published last year in

the *British Journal of Psychiatry*, showed those receiving micronutrients had improved more than those on the placebo, both in terms of general well-being and ADHD symptoms.

Tim Webb, a participant in the trial and now a contracts manager in Christchurch, was as surprised as anyone. When he was a child, his ADHD made school difficult, he says. "I was always hyperactive. I didn't seem to be able stay on task, thoughts raced around my head without any real control and I was very impulsive. After 15 minutes in class it was near impossible to concentrate, so you either look like an idiot or you do something silly and you are the class clown."

After he moved into adulthood, "it never really went away – I just never got the cues". That led to anxiety, depression and low self-esteem. Anti-depressants didn't work, and though a course of Ritalin did reduce his symptoms, "it had side effects and it has a street value – it's not a drug I want to be putting into my body".

Like others in his situation, Webb self-medicated. "But marijuana's not good for your memory and it doesn't do anything about [anxiety], but it would make me seem calm, which was useful."

After two months on micronutrients, he began to notice the changes. Now, five years later, his memory has improved, he has a full-time job, he's calmer and he looks after himself better. "You could call it a positive spiral rather than a negative one."

Still taking the micronutrients? "Religiously. My wife wouldn't have it any other way."

Since then, through the University of Canterbury's newly formed Mental Health and Nutrition Research Group, Rucklidge and her team have been studying the efficacy of two high-dose multinutrient formulae, sold under the brand names NutraTek and Truehope, and probiotics in the treatment of anxiety, insomnia, depression and, in reaction to the Canterbury earthquakes, post-traumatic stress disorder. (Rucklidge is quick to point out neither she nor the university sell or make money from the two main brands.)

Overall, she says, 60-80% of people



Professor Julia Ruckridge: "If [medication] is working, you should be well."

MARTIN HUNTER



Five years later, Webb's memory has improved, he's calmer and he looks after himself better. "You could call it a positive spiral."

in these trials respond to micronutrient treatment. These findings come on top of a growing body of international research showing the benefits of broad-spectrum micronutrients in reducing aggression in prisoners, slowing cognitive decline in the elderly, helping people overcome addiction and reducing the symptoms of bipolar disorder, stress, autism and even some cases of psychosis.

ANTIPSYCHOTIC PRESCRIPTIONS DOUBLE

After each of her published studies, each media report and even, last year, a TEDx talk, the phone calls, emails and letters poured in.

At first she was mystified. "Why were they calling? I knew all the theories, the serotonin hypothesis, the changes in dopamine levels – I thought we'd sorted this. There's good medication out there. We don't need to look outside what we are doing because what we are doing is good."

But what we seem to be doing is identifying more and more people in need of the "good medication".

Between 1996 and 2014, prescriptions for Pharmac-funded antipsychotics doubled from 200,000 to 400,000. Over the same period, antidepressant prescriptions jumped from just under 400,000 to over a million, even though the difference between the effect of a drug and that of a placebo for mild to moderate depression is as low as 10% (for severe or chronic mental illnesses, this difference leaps to a far more persuasive 70%).

Are we getting better at identifying depression? Are we getting more distressed?

In 2011, international journal *BMC Medicine* reported that 15% of people in high-income countries suffered from depression at some point in their life, compared with 11% of people in low to middle income countries. Out of 18 countries, New Zealand ranked in the top 25% in nearly every measure of depression.

Professor Malcolm Hopwood at the University of Melbourne, president of the Royal Australian and New Zealand College of Psychiatrists, says with the development of new antidepressant medications with fewer side effects, GPs feel "more comfortable initiating treatments of depression with antidepressant medication".

And drug treatments, when off-patent, are cheap – certainly cheaper than high-dose micronutrients. In the three years to 2014, the cost to Pharmac of antidepressants fell \$8 million to \$16.8 million.

Or are we simply pathologising sadness?

Mulder: "Some would argue that all we have done is expand medication to those much less severe and less chronic cases [where] the specific effect is less and the placebo response is more. For mild depression, on balance the benefits may not outweigh the risks. We have to some extent medicalised normal sadness and distress. It is a great capitalist model, frankly. It promotes treatment, it promotes selling medication, but scientists would say we have been oversold this model and the evidence says it does not work well."

Already the National Institute for Clinical



"I'm 51 now, but I feel I'm getting younger. When you feel better, you feel more confident, your self-esteem goes up." Kim Newton

Excellence in the UK has recommended that antidepressants not be used for the initial treatment of mild depression "because the risk-benefit ratio is poor".

Hopwood agrees that for mild depression, the evidence is quite strong that some forms of psychotherapy – exercise, better work-life balance, dealing with relationship issues – are just as effective as medication.

But responsibility for the growing use of antidepressants should not lie entirely with big pharma or overly eager GPs. He says pressure for prescriptions may come from the patient as much as the doctor.

"Antidepressants are still an effective treatment for moderate to severe depression in particular," he says. "Many mental health disorders are associated with a risk of relapse,

and with depression that risk can perpetuate for a significant period of time. There's a body of evidence with antidepressants that continuation of treatment dose reduce risk of relapse."

But the difference between relapse and withdrawal symptoms is not always clear. "Some people say they should stay on [medication] to prevent further episodes," says Mulder, "but there is not a lot of evidence that is required."

"SHOULD I COME OFF?"

There is no doubt the psycho-pharmaceutical wave that broke on to the beach of Western medicine in the 1950s helped clear mental health wards. And medication has proved vital in treating acute phases of mental illness and certain chronic conditions.

Where there are genetic factors – as in a small proportion of people with schizophrenia, where people suffer recurrent episodes of depression and have a strong family history, early onset and no obvious precipitants – it's probably not a bad thing to treat this distress like an illness and manage patients that way, says Mulder. And neither he nor Rucklidge recommend that people stop their medication – such a process, if undertaken at all, needs to be done slowly and under professional care so as to be closely monitored.

But the number of those needing long-term treatment may not be as large as we think, says Mulder, "and we are very poor at predicting who they are".

Although short-term medication is often effective in dealing with acute symptoms at the early stages of mental illness, it is legitimate to ask a health professional if a change to a lower dose, or no medication at all, is an option further down the track, he says.

"It is a reasonable discussion to have with your mental health professional or GP. To say, 'I've been on this for years, can I come off? Should I come off? What should I do?'

"People could argue that if you have had three severe episodes of depression and you felt suicidal and medication has helped, you might decide to stay on them and that is perfectly legitimate. But if you had one relatively minor episode and have side effects and feel flat, then it's completely reasonable to think, 'Why would I want to stay on this?' It is time to be open-minded about the fact that some people at least might be just as well off medication, or trying other strategies, because the specific effects of medication are less than we have believed."

He is not saying we should stop taking drugs and that there are no biological contributions to mental illness. "There clearly are, but health professionals have to be more open and say we are not sure what works."

"Most mentally unwell people are competent to make their own decision about treatment and they should be given all this information, rather than just being told this drug will fix you. They certainly shouldn't be told that if you don't take your medication, then you can't be seen by mental health services, which has been said to patients. They should be given the evidence and continue to be monitored, because we know monitoring people and caring for them and giving them hope is a big part of what helps."

LONG-TERM EFFECTS UNKNOWN

Missing from this conversation is the availability of long-term research. Many medications are approved on the basis of six-week trials; Rucklidge says there is no requirement, no incentive even, to look at how those drugs are doing in the long term, even though people are put on these drugs for a long time.

"There are people who do well on medications in the short term and the long term, but we also know there is a large number of people who are not well on the medication or who could do better and they are tolerating a lot of side effects. We don't know how big that group is, but theirs is the voice we need to speak out for."

Hopwood says regulatory authorities in Australia and New Zealand will require some long-term data for some new medications. A new antidepressant or antipsychotic will be required to show efficacy and safety not just over 6-8 weeks but for up to 12 months, he says. "One could argue 12 months is still a relatively short-term frame. Ideally we would like to look at outcomes over five, 10, 20 years or a lifetime, but those studies are pragmatically difficult and very expensive."

In the meantime, however, interest is growing in non-medical approaches to mental illness – ongoing therapeutic relationships (including simply participating in a trial), long-term monitoring, diet, exercise. All these factors seem to be important, says Mulder. "All help mobilise that sense of meaning and hope."

He points to research from the 1960s and 70s showing people with mental illness in developing countries appearing to have better outcomes than those in developed countries. The research, originally

undertaken by the World Health Organization, has come under criticism, mainly due to the high attrition rates of participants, but as Mulder says, those diagnosed with schizophrenia in poorer countries seem to do better or at least no worse than those in wealthier countries – "and they would be worse off if they had TB or a broken leg".

The exact reason is not known. Some say it's down to alternative treatments such as yoga and meditation, others point to stronger family connections and more opportunities for meaningful work. Mulder



The Western diet typically has too few brain-essential nutrients: the B-group vitamins, vitamin D3, zinc, magnesium and omega-3 fatty acids.

suggests, given the lack of access to drug treatments, that those societies may have more tolerance for some symptoms.

"[Those diagnosed with a mental illness] might be more unwell, but they might also be more likely to work and have meaningful relationships. If you are on medication but oversedated, you might not suffer from hallucinations but you're less able to work or have relationships."

"You might argue that having a few hallucinations – so long as it doesn't lead to danger to yourself or others – and being able to function is a reasonable compromise. That is an argument we haven't really engaged in."

FOOD FOR THOUGHT

An argument that is gathering traction is the importance of micronutrients in mental health. Last month's annual meeting of the American Psychiatric Association in Toronto included a three-hour symposium on micronutrients as a primary treatment for psychiatric symptoms. In an article in the *Lancet Psychiatry* journal earlier this year, co-written by Rucklidge, the authors concluded that nutritional medicine "should now be considered as a mainstream element of psychiatric practice, with research, education, policy and health promotion supporting the new framework."

Already high-quality fish oil has been found to contribute to neurogenesis (creating new brain cells), anti-inflammatory processes and positive modulation of neurotransmitters such as noradrenaline, serotonin and dopamine. S-adenosyl methionine (SAMe), a sulphur-containing compound, has been found to help to regulate mood. There is evidence of the efficacy of the amino acid N-acetylcysteine (NAC) in bipolar depression, schizophrenia and compulsive and addictive behaviours.

Exactly how the vitamins, minerals and amino acids in the formulae Rucklidge and her team are studying affect the brain is not well understood. "But," says Rucklidge, "all these studies are showing the same thing: nutrients are essential for your mental health."

A better diet generally can also improve mental health. A Mediterranean-type diet – rich in fruit, vegetables, seafood, olive oil, nuts and legumes – has been shown to lower the risk of mood disorders such as depression and anxiety. In comparison, the higher-calorie, more processed Western diet typically does not meet the recommended intake of several brain-essential nutrients, most notably the B-group vitamins, vitamin D3, zinc, magnesium and omega-3 fatty acids.

Not a single study shows this diet to be good for our mental health, says Rucklidge. And when combined with genetic vulnerability, compromised metabolism, an unhealthy gut, an unhealthy lifestyle and stress – after the Christchurch earthquakes people were found to eat more junk food – such a diet can have a negative effect on mental health.

"So why do we keep eating this way? And why do we think it is okay for our kids to eat this way?" She quotes US science journalist

and academic Michael Pollan: if you must shop in a supermarket, shop at the periphery and avoid the processed foods in the centre aisles.

At 28 years of age Kim Newton lost her job. Her health quickly went into decline. She struggled with depression, exhaustion, insomnia, muddled thoughts and lack of appetite. After trying five different antidepressants to no effect, she began researching the role of nutrition and micronutrients, including those studied by Rucklidge and her team. "I was sceptical, but the more reading I did on the subject, the more sure I was."

She began taking the nutrients, an average of 15 capsules a day, and noticed a "slow, subtle change in my health". Even now, 11 years later, she says her health is still improving. She has changed her diet to organics and wholefoods, she is exercising, her sleep has improved and last year she completed six of a planned eight papers at the Auckland University of Technology with a B+ average.

"I'm 51 now, but I feel I'm getting younger. When you feel better, you feel more confident, your self-esteem goes up, you can communicate with people and have relationships. If you are lying on your bed in a trance, there is nothing happening in your life."

Such treatments do not mask symptoms. On micronutrients, children diagnosed with ADHD still display some hyperactivity and impulsivity, says Rucklidge, "but they are calmer, their sleep gets better, they can eat [Ritalin reduces appetite], they are less anxious and they get on better with their peers".

Unlike those on mood stabilisers such as antidepressants, who often describe a numbing affect, people taking micronutrients "still experience anxiety, sadness, joy. But these are normal emotions that you want to have. We've been led to think if a treatment is working, then those symptoms are gone – who cares about quality of life? I am

beginning to question our focus on only symptom elimination."

WHICH TO USE FIRST?

Hopwood agrees that treatments for mental health disorders such as schizophrenia and bipolar disorder are not effective for every-

'Micronutrients do seem to work ...'

The most common explanation for psychiatric illness is a chemical imbalance or impaired neural circuitry.



The brain relies on a broad range of nutrients for the manufacture of neurotransmitters such as serotonin, dopamine and adrenaline. But no single nutrient has been found to correct such imbalances. Rather, a deficiency in one nutrient is thought to interfere with the absorption and/or metabolism of other nutrients.

The University of Canterbury's Mental Health and Nutrition Research Group has been studying the efficacy of high-dose multinutrient formulae, including **vitamins A, C, D, E and all the Bs, thiamin, riboflavin, magnesium, calcium, iron, phosphorus, iodine, zinc, selenium, copper, manganese, chromium, molybdenum, potassium and some amino acids.**

Although the results show improvements in a range of psychiatric conditions, the mechanism for these results is not clear.

"It might be [the micronutrients] are assisting the mitochondria, the powerhouses of the cell, to work more effectively," says University of Canterbury professor of clinical psychology Julia Rucklidge. "Or we are giving the body nutrients to help reduce inflammation or oxidative stress. Or we are just providing the body with what it needs in order for it to function effectively. Micronutrients do seem to work on so many different levels."

one, "and they do come with a relatively high side effect burden, so there is room for additional treatments".

And he recognises the importance of nutrition, not only in the possible causation of mental health disorders but also in terms of poor nutritional health as a consequence of mental disorder – people with major mental health problems are more at risk of diabetes, respiratory diseases and

cardiovascular disease, usually as a result of preventable risk factors such as smoking, physical inactivity, obesity and the side effects of psychiatric medication.

But poorly regulated nutritional advice given to patients has contributed to some reluctance among psychiatrists, he says.

"We don't have sufficient evidence to recommend this as first-line solo treatment for major mental health disorders. And we are not going to support a position saying, 'This is fine, this is all you need.' We do have other treatments that have a higher body of evidence that we would still recommend as first line."

More evidence – more studies, more trials, more long-term monitoring – is clearly needed.

Whereas trials of micronutrient formulae show good results for stress, depression and ADHD, studies on schizophrenia and autism are incomplete. At the University of Canterbury, Rucklidge's team is running clinical trials on micronutrients in the treatment of ADHD in children, premenstrual syndrome and quit-smoking programmes.

Mulder says it is perfectly reasonable to evaluate micronutrients – or fish oil or exercise or meditation – like any drug undergoing a randomised controlled trial. "One advantage of these things is they have fewer side effects, so if they work just as well, you could argue they should be the first thing we try. If the treatment fails, then we go on to more conventional drugs."

Rucklidge says medication definitely has a role to play. Psychotherapy, such as cognitive behavioural therapy and mindfulness, still has a place. "But if someone goes to their GP and they are stressed, should the first port of call be an antidepressant? Is it possible that nutrients or nutrition could be explored? We are not there yet, but wouldn't that be a nice day when we can have that conversation?" ■

The power of fermented foods – page 38; the problem of drugs for mental illness – page 41.



Nationalist troops advance through bombed homes in Madrid; below, *Guernica*, Picasso's response to the bombing of the Spanish city in 1937; below right, Francisco Franco, circa 1937; far right, Dorothy Morris.





INTO THE STORM

The stories of two formidable nurses – one a Kiwi – who risked all in the Spanish Civil War are at last being told. **by LYDIA MONIN**

They move like no thing there has ever been. They move like mechanized doom," wrote Ernest Hemingway in his novel *For Whom the Bell Tolls*. During the Spanish Civil War, General Francisco Franco and his allies embarked on a bombing campaign that targeted civilians. Women and children were fair game.

Spain was a preview to a new type of war, and for an engineer's daughter from Cromwell, Otago, and a chemist's daughter from Cork, Ireland, the plight of civilians in the ravages of conflict could not be ignored. From opposite sides of the globe they travelled to Spain to nurse the maimed and dying under the storm raining down from German and Italian bombers. Dorothy Morris and Mary Elmes heard the tolling of the bell.

Almost 80 years on, their heroic life stories are being told in the countries of their birth. Later this year, a biography of Dorothy Morris that draws on a raft of family letters (*Petals and Bullets: Dorothy Morris – New*

Zealand Nurse in the Spanish Civil War, by Mark Derby) will be published in New Zealand and a documentary film (*It Tolls for Thee*) about her Irish friend will premiere in Dublin.

AN UNUSUAL MOVE

Dorothy Morris was living in London when she answered an advertisement for nurses to travel to Spain. The war had become an international cause. Republicans were fighting the Nationalists, the rebel fascist group led by Franco; volunteers from around the world went to Spain to fight for both sides. The aid agencies moved in as the humanitarian disaster unfolded.

Well-read and fluent in several languages, Morris had quit her university studies in Christchurch to become a nurse. It was an unusual move

for a well-educated young woman in the 1920s. "While New Zealand nurses had made considerable progress in elevating the status of their work from a calling to a medical profession, a 19th-century odour of bedpans and low-paid drudgery still clung to it," writes Wellington historian Derby in *Petals and Bullets*.





Clockwise from top left: Spanish refugees at an internment camp in Argèles-sur-Mer in 1939; a family of refugees at the Spanish-French border, 1939; Ernest Hemingway, left, in the Belchite sector, circa 1937; Italian leader Benito Mussolini, who provided military support to the Spanish Nationalists.



Nursing at Christchurch Hospital during the Depression meant dealing with the jobless and the destitute. "I think this would have been a distressing experience for somebody like her," says Derby. "She would've seen that Christchurch retained a wealthy upper layer that wasn't particularly affected by the Depression."

Morris travelled to Europe in search of pastures new, but when a rebel group of generals rose up against the elected leftist Government of the Second Spanish Republic, Morris found her true calling.

"She didn't appear to be as badly affected as many other people who describe feeling utter despair [and] unable to stop crying," says Derby. "Very, very hard thing to do, having to operate on people, including children, when you've run out of anaesthetic and so on."

WHEREVER THEY WERE NEEDED

It was on blood-red Spanish soil that Morris met the "very calm, collected and capable" Mary Elmes from Ireland. Elmes wasn't a trained nurse, but she'd gained first-class honours in modern literature at Trinity College Dublin. Working first for an ambulance

unit run by English aristocrat Sir George Young and then in Quaker-funded children's hospitals and refugee relief services, Morris and Elmes went wherever they were needed most.

In 1938, the hospital Elmes was running in Alicante had to be moved north to a small mountain village because of the relentless

"Very, very hard thing to do, having to operate on people, including children, when you've run out of anaesthetic."

bombing. In an old tape recording included in the film *It Tolls for Thee*, Elmes tells of a toddler who was at the Alicante market when it was bombed. "She was in her mother's arms and there was terrific confusion and the woman lost the child, whose left leg had been almost torn off."

The little girl was taken to Elmes's hospital, where a Spanish doctor refused to amputate the leg of such a young child. "For months

she lay on a board with the leg stretched out. It mended and she walked again."

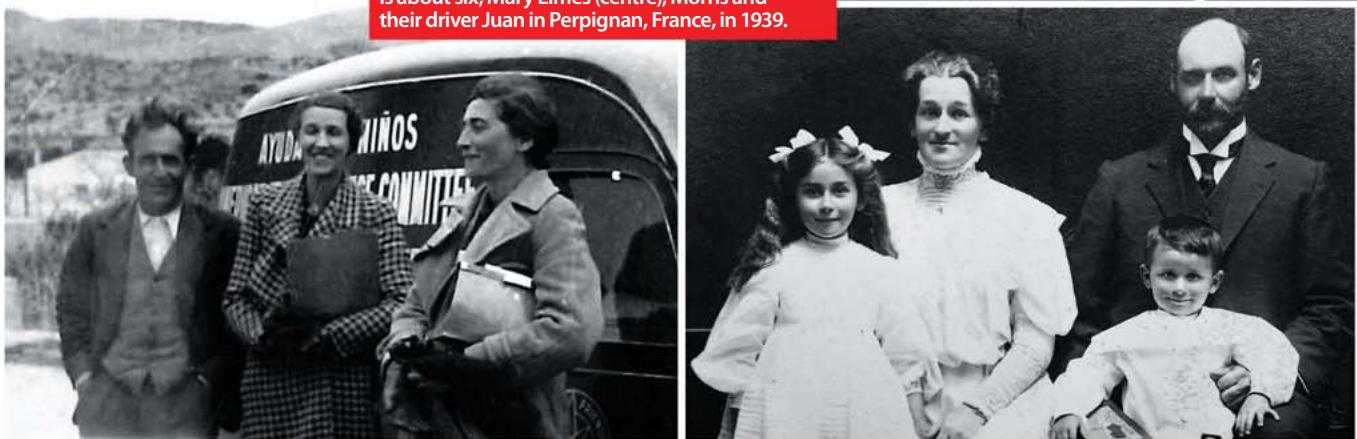
DODGING DEATH

With Franco about to win the war, Morris was ordered to leave Spain, because she'd worked at an International Brigades hospital and the general inflicted terrible revenge on his defeated foes. Morris left so as not to further endanger others who were staying, like Elmes, who'd only worked with non-combatants. The fall of Barcelona in early 1939 led to La Retirada (the Retreat), when nearly half a million refugees fled over the Pyrenees into France during a freezing winter. Those who survived were herded into hellish internment camps on the beaches. Once again, Elmes and Morris were there, organising basic needs from a hub in Perpignan and sharing an apartment.

When the Germans entered Paris in June 1940, all British personnel were ordered to leave France. Ireland was neutral, so Elmes stayed, driving Morris and others through the night in a desperate bid to reach the last British ships leaving from Bordeaux. Morris spent World War II working in London munitions factories as a welfare supervisor.



From top left: Spanish nurse with "starving"; Rangi Ruru school prefects in Christchurch in 1920, with Morris third from right; Rebecca and Geoffrey Morris and their first children – Dorothy is about six; Mary Elmes (centre), Morris and their driver Juan in Perpignan, France, in 1939.



She'd avoided Franco's bullets, outpaced the Gestapo and dodged the bombs of the Blitz, but it looked as if Morris's luck was finally going to run out in early 1945 in Egypt when she developed a high fever while working at a refugee camp. No one at the British military hospital in Alexandria could cure her and she later told her family she was "put into a corner of the hospital to die". By remarkable coincidence, her life was saved by a fellow Kiwi from Cromwell, Doug Jolly. Jolly was a renowned battlefield surgeon who'd joined the Republican Army in Spain and was stationed with the British Army in Tobruk. He happened to arrive in Alexandria, heard of Morris's plight and gave her penicillin.

AFTER THE WARS

Morris didn't return to New Zealand permanently until she was in her seventies, and she never married. After the wars, she risked arrest by Franco's secret police by going back to Spain to find out what had happened to a doctor she'd fallen in love with, only to discover he'd been killed at the Battle of the Ebro.

"According to several of her friends,

Morris's life could be sharply divided into the periods before and after she received this anguishing confirmation," writes Derby.

Elmes stayed in France, saving many – probably hundreds – of Jewish children from the gas chambers. She worked in Rivesaltes, a holding camp at the end of a railway line that took Jews to the death camps in the

She risked arrest by going back to Spain to find out what had happened to a doctor she'd fallen in love with.

east. Elmes smuggled children in the boot of her car and drove them to safe houses in the Pyrenees. She was eventually arrested and imprisoned by the Nazis. After the war, she married a Frenchman and spent the rest of her life in Perpignan. She posthumously became the first Irish person to be honoured as Righteous Among the Nations, an award given to non-Jews who risked their lives to save Jews during the Holocaust.

Like her friend, Morris shunned publicity while she was alive. "She saw what she had done as part of a collective effort," says Derby. "She certainly wasn't any sort of shrinking violet. [Hospital matrons] have to be very strong women indeed ... But I think she would have recoiled from the idea that her own individual contribution and her own life story should be the focus of attention."

Close to the beach at Argèles-sur-Mer, where more than 100,000 refugees were penned in between the ocean and the barbed wire, stands the historic castle of Valmy. There's an entry in the castle visitor's book from September 1939, when a community of 12 refugee artists put on an exhibition of their paintings, drawings and sculpture in a country house in the castle grounds. The message reads: "Spirit and enthusiasm are the most important things in life, and these the Spaniards will have for ever." It's signed, "Dorothy A Morris & Mary Elmes, Los Amigos Quakers (the Quaker Friends)". ■

PETALS AND BULLETS: DOROTHY MORRIS – NEW ZEALAND NURSE IN THE SPANISH CIVIL WAR, by Mark Derby (Potton & Burton) is out in September.



NEW WAVE

Is climate change responsible for recent extreme weather events?
REBECCA PRIESTLEY investigates.

Massive waves crashed onto Wellington's south coast beaches on a calm and sunny day earlier this month. Basketball-sized boulders washed onto the road at Lyall Bay; at Breaker Bay, a single wave swept rocks, debris and a dinghy into the street. When high tide hit early in the afternoon, water crept over the road and into some people's gardens.

Then, just a week later, a massive storm system dumped heavy rain on first the West Coast, then the North Island from Kapiti to Taranaki. The heaviest rain, and the most pronounced flooding, was in Whanganui, where the biggest floods on record cut the

city off from the rest of the country and forced the evacuation of more than 100 homes.

"Is this because of climate change?" was the inevitable question people asked as they began to clean up.

"You can't attribute one weather event to climate change," says MetService weather forecaster Georgina Griffiths. "But you can ask, 'Is this consistent with what you'd expect in a warmer world?'"

She says waves are formed by either the local wind or a swell – waves generated by strong winds a long distance away. The cause of the large waves in Wellington, MetService reported, was a swell – up to 6m at the coast, and up to 8m in Cook Strait – generated by a southerly storm raging hundreds of kilometres away.

Swell is characterised by direction, period – the time between "one ocean roller and the next" – and height. A swell of 4m or more is considered heavy and is enough for MetService to issue a warning to regional councils.

What about locally generated wind waves? "Assuming you've got no swell, the sea state is just a function of the wind speed and how long the wind has blown across a certain fetch, or distance." There's an empirical relationship between wind speed and wave height. "If you've got an open

piece of water and it blows 20 knots for an extended length of time, you'll have about 1.25m waves. In a gale-force wind, waves will reach 4m or more. The higher the wind speed, the larger the waves."

Waves will reach full height only in open stretches of water – where the wind has a long fetch over which to generate them.

AIN'T THAT SWELL?

The recent waves that lifted boulders and boats onto Wellington's roads were the result of "light winds and a long-fetch swell. There was a really stormy southerly from very long fetch" – the storm extended from the Antarctic ice edge right up to Stewart Island – "and it blew really hard over a really long piece of water for a long period of time and generated really decent swells. And those swells travelled, with quite a lot of energy, up past Kaikoura to Wellington."

This southerly swell had a period of 16 seconds, and the coastal swell heights were about 3.5m but occasionally reached 6m. These waves, says Griffiths, were "a perfect example of waves generated a long way away coming into an area of little wind. It was pure swell".

But was the size of swell unusual? "We get big swells like that in Wellington a couple of times a year," says Griffiths, but this swell combined with the high tide to produce



Huge waves threaten people and vehicles in Wellington's Lyall Bay. Below, a washed-out bridge in Whanganui.

WEATHER

waves that reached over the road. As the sea level rises, though, these sorts of inundation events – with waves washing over roads and even into homes – will become more common.

"If the sea level is higher, a weaker storm and smaller waves will get you the same amount of inundation," says Victoria University climatologist James Renwick.

As for the recent storm system that dumped heavy rain along the west coasts of the south and north islands, "it was a juicy front and it stalled – it was slow to move through that region – so it just kept dumping", says Griffiths. Over two days of rain, 141mm fell, Whanganui's largest two-day rainfall since records began in 1937.

"A NEW NORMAL"

But it wasn't just the heavy rainfall that contributed to the flooding: the land the rain fell on was already heavily moisture-laden, and streams and rivers were running high. Through April and May, rainfall in Whanganui was triple what it usually is, "so soil moisture levels and stream flows were already well primed for anything else that goes on top of it", says Griffiths.

This sort of storm, with heavy and

prolonged rainfall, is consistent with what is expected in a warming climate.

"We already know that on average there's about 5% more moisture in the atmosphere than there was 50 years ago, because it's warmer," says Renwick. "So there's every reason to suppose that some of the rain that

fell out of that storm in the weekend was there because the atmosphere is warmer than it used to be."

Scientists have been saying for a long time now that as the atmosphere warms there will be more moisture in the air, "so the chances of getting these heavy rainfall events are going up all the time. We've had three very big rain events in the past six weeks and we should expect to see more of them in the future. Even if the winds and the pressure stay much as they are now, you'll still get more rain out of a given storm simply because there's more moisture up there to fall out."

A paper just published in *Nature Climate Change* attributes recent Northern Hemisphere extreme storms to higher sea-surface temperatures: by feeding moisture into the atmosphere, they helped to intensify the storm and caused heavy rains. The authors, led by climatologist

Kevin Trenberth, conclude their paper by saying: "The climate is changing: we have a new normal. The environment in which all weather events occur is not what it used to be. All storms, without exception, are different. Even if most of them look just like the ones we used to have, they are not the same." ■



"As the atmosphere warms, there will be more moisture in the air, so the chances of getting these heavy rainfall events are going up all the time"



Alcatraz for Aussies

Australia's brutish convict beginnings are unblinkingly brought to television in *Jimmy McGovern's Banished.* by DIANA WICHTEL

How can something that looks this much like heaven turn out to be so like an extended holiday in hell? That's one of the questions no doubt pondered by the motley crew of convicts (and their minders) transported to a new world of short rations and lethal wildlife for stealing a handful of flour and suchlike.

A motley crew of New Zealand journalists ponder it too, as we tour the set of Jimmy McGovern's seven-part first-fleet drama *Banished*. Sydney's Manly Dam Reserve, exquisite on a bright May afternoon, stands in for the first penal colony established in Sydney Cove in 1788. Pukeko (purple swamphens over the ditch) pick their way hopefully around prop cooking pots. Crows provide a larrikin Greek chorus – a startling, empathetic "Awwww" – that has caused the cast to crack up at inopportune moments of high drama. "There's one particular bird

here, I tell you," says David Wenham. The eternally useful Australian actor (*SeaChange*, *Top of the Lake*, *The Lord of the Rings*) has sometimes struggled to maintain the dignified demeanour demanded of Governor Arthur Phillip, the King's representative in the new colony. "It's as though it's timed." Upstaged by nature: it was always so down our end of the Earth.

"Suddenly it became very hip for people to find out they had a convict past."

You'd never suspect that under those tree stumps and ramshackle period buildings lurk barbecues and picnic tables. The place is idyllic: ocean in front, the numberless, unknown hazards of the bush behind. "It's the most pictur-esque Alcatraz," McGovern has said.

Incarceration by geography.

That's not a bad metaphor for the whole colonial enterprise. "We really are awful, evil b*****s," wrote the *Independent's* Grace Dent after the series screened in the UK. *Banished* was co-commissioned by BBC2 and BBC Worldwide Australia and New Zealand. "Somebody said that they saw it as an English story," says Wenham. "Well it sort of is but I see it as an Australian story." As with much of McGovern's work, it depends on your point of view.

It's a story that has moved way beyond convict cringe. "I think there was a shift probably about two decades ago," says Wenham. "Suddenly it became very hip for people to find out they had a convict past." He's still researching his genealogy. "It's a complicated family history." *Banished* director Jeffrey Walker has already found his convicts. "Dad's side," he says happily. "Second and third fleet, yeah."

Though history is not entirely the point. *Banished* is "loosely based" on fact. There's no point puzzling about whether

they really used words like "girlfriend" or said "I will never, ever shag a soldier!" in 1788.

But the slightly mad proceedings – there are some very strange goings-on on the gallows in the first episode – nicely highlight the dangerous, absurd logic of a new world where the rules have been left behind and they're making it up as they go along. In McGovern's version of 1788, it's acceptable for female convicts to be shared out among the soldiers but it's a hanging offence – what isn't? – for unmarried convicts to cohabit.

"It could quite well have been about starting a settlement on Mars," says Wenham. As Jeffrey Walker puts it, "As soon as they stepped foot on shore, everything was trying to kill them." He didn't have to entirely imagine some horrors. The day we visit, a tarantula is guest starring. We see it safely caged. "Yes, a real one," he shudders. "Disgusting and huge."

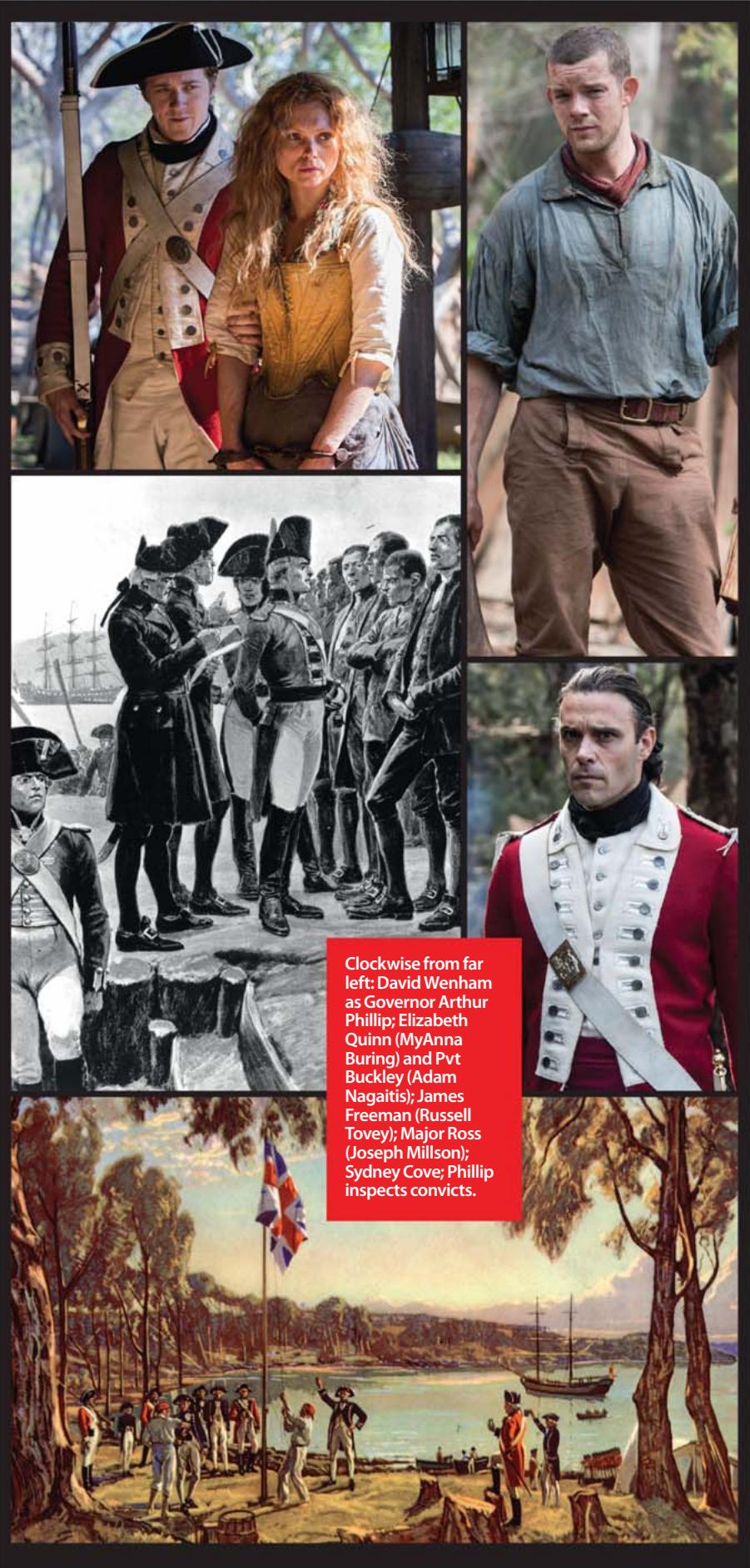
Life on Mars: it involves buckets of faux dirt – many of the cast we interview are covered in it. Life in a penal colony was, even for a preacher's wife, one long bad hair day.

HANGINGS, FLOGGINGS AND SOAP

There's a lot of poetic licence in *Banished*, which features the more or less real story of how the colony got its first hangman. It's also a classic soap love triangle, but with more hangings and floggings. Wenham's Governor Phillip may be an egalitarian chap by the standards of the times, but there's posh Major Ross, who hasn't got convict welfare front of mind: "A couple of them dying can only help."

Russell Tovey (*The History Boys*) plays James Freeman, a cheeky-chappie hanky thief based on an actual convict. He has no trouble with improbabilities in the script, having played an anxious shape shifter in the excellent *Being Human*. "I was naked at three o'clock in the morning in a wood in, like, Sussex somewhere, screaming my head off turning into a werewolf." After that, survival in the *Poldark-meets-Lord of the Flies* scenario of *Banished* is a walk in the penal colony park. "You're feeling the cold, now but this, for us, is like our UK summer."

He does get recognised. "Normally when they're drunk and walking down the street. They yell out, 'Hey you, mate! *Being Human!*'" The scene being shot while we're on set involves Tovey's Freeman



chained and being led to the gallows. "Someone has been murdered and Freeman may or may not be guilty. It's his last steps, he assumes." Bad times. "Not good."

You imagine that's not the last of James Freeman. There's a lot more suffering in the colonies to be done. "All hungry, all sex-starved, all hot, all tired, it never ends," he muses. "That's the actors. That's all of us Brits that are over here."

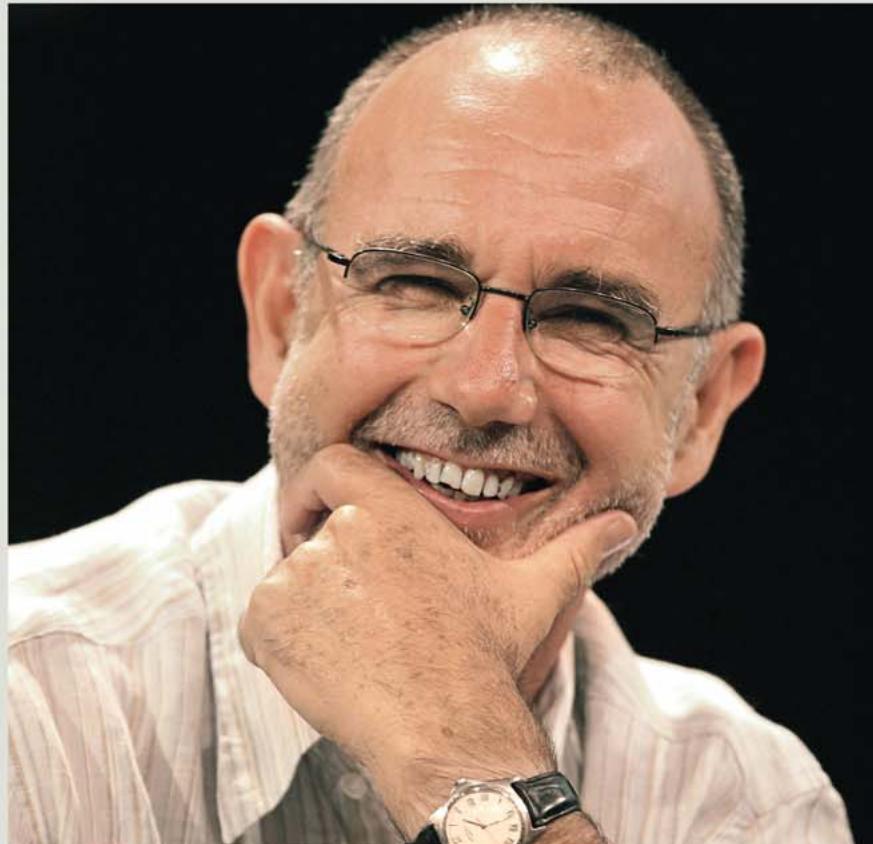
NO SHYING AWAY

It's not exactly love's young dream. Julian Rhind-Tutt (posh doctor Mac in the brilliant *Green Wing*) becomes acquainted with the gallows, too, as Tommy Barrett, a man willing to risk death to "lie with" his love, Elizabeth Quinn. McGovern has never been afraid to tackle tricky subject matter. In the case of *Banished*, it's the use of women as currency. "Within Jimmy's world, if you were married you could avoid being picked. If you were not, you were potentially up for grabs," says MyAnna Buring, who has played a vegetarian vampire in *Twilight* and now plays fetchingly dishevelled Elizabeth. "When you've got nothing to barter with, when everything's stripped away from you, the only thing you have left is your body and your mind."

The backstory: Tommy and Elizabeth fall in love on the boat over. Russell Tovey's James Freeman loves Elizabeth, too. It's complicated. "What's explored really beautifully in the story are the complexities of being a human who's trying to stay alive," says Buring.

Love under pressure, then. "It's Jimmy McGovern high stakes," says Rhind-Tutt. "His dramas are usually written in contemporary or domestic contexts, but it's really the same dilemmas: jealousy; men being stupid. Standard stuff."

In a way, it's all surprisingly recent history. "We've forgotten how brutal it was and it's not that many generations ago, 200 years ago," says Wenham. "You go and stand down there in that little village and then you count four of my lifetimes and you're in 1988," marvels Rhind-Tutt. So here we sit in an Australia that stills feels strange and new. It's no longer incarcerated by its geography but still colonised, in the manner of our corporate times. "I've been to Ikea Sydney," volunteers Rhind-Tutt. "I had the ice cream from the machine. Some things you can rely on in the global world." ■



'Tasteless empty-headed snobs'

Banished writer Jimmy McGovern lets fly at critics of his convict drama as the BBC cans a second series.

Unapologetic. That's a word that gets used a lot in pieces about British writer Jimmy McGovern. In a long career pursuing the elusive art of making entertaining, enduring television, he's had a lot to be unapologetic about. There was his controversial *Hillsborough*, dissecting the 1989 football stadium disaster. The superb *Cracker*, starring Robbie Coltrane as the eternally unreformed criminal psychologist Fitz Fitzgerald, propelled the television anti-hero in the unflinching direction of *Tony Soprano* and *Walt White*. As one suspect tells Fitz, "You're the one who

needs the psychologist."

When we speak on the phone about his new Australian convict drama, *Banished*, McGovern is, well, McGovern. "It really gripped people here," he says, of the series' reception in the UK, "but it was savagely attacked by huge sections of the British media." Indeed. "Eighteenth-century Australia or *I'm a Convict Get Me Out of Here?*" wondered one critic. It did cop some flak. "If you do anything different in any way, they fail to analyse constructively or intelligently the difference and they just attack it," he says. "This is a class-ridden country, you know. British media is full of tasteless,

empty-headed snobs."

Don't hold back, Jimmy. He's a delight to talk to precisely because he doesn't hold back. His accent remains proudly Scouse. One of nine children in a working-class Catholic family, he speaks, a lot, with barely the shadow of the stammer that plagued him until he was eight. These days, you imagine, he can do what he likes. Asked what drew them to *Banished*, every actor I spoke to offered variations on David Wenham's "Jimmy McGovern. Legend."

Even legends have bad days. When we talk, the news has just broken. There won't be a second series of *Banished*.

"I've coined a word for it ... what was it? Operatic! It's operatic and it's epic."

"Who knows how the BBC think?" is what McGovern says about that. Fans who'd tweeted about needing therapy after season one's shattering conclusion rallied on social media to push the BBC into a change of heart. "Don't leave us hanging!" went the gallows-heavy humour, and "Not everyone's a Dickens fan!"

Banished certainly isn't Dickens. It touches on many classic McGovern themes: class, power, social justice. "Convict women belong to my soldiers," as nasty Major Ross declares. Academics have pointed to a lack of evidence that convict women were treated as sex slaves. But it was never about historical accuracy. Everyone in *Banished* is too good looking for that, for a start. McGovern's model, he says, was more the steamy, funny, stylised western *Deadwood*. "I'm not saying this gets anywhere near *Deadwood*. It was one of the best television drama series I've ever seen in my life. But the women still looked good in *Deadwood*, despite being covered in mud."

As for the sex-slave theme, he's unrepentant. "I mean, what must it have been like to be a woman in that environment? How many men were there to every woman?" It's a bit like science fiction, he says. "You often get a big concept and everything is driven by that concept. And that concept came to me: what if it was somehow legally enforceable almost, that

women must share themselves? It's interesting isn't it? And the lack of concern for sexual etiquette! Tell *them* you've got a headache. It's just brutal."

You can see why he sometimes ruffles feathers. He's never been particularly politically correct. "I have a political correctness but it's *my* political correctness, which applies to my social economic group. And it can be a bit different and a bit raw and a bit honest, you know."



Jimmy McGovern modelled *Banished* on *Deadwood*; right, *Cracker*'s Robbie Coltrane.

In *Deadwood*, swearing was raised to an art form. There's not so much of that in *Banished*. "No, well there's only so far you can go with the BBC. I would have loved to have done [Al] Swearengen," he sighs, invoking *Deadwood*'s eloquent curser. "But we couldn't do it, even though it was on BBC2 here."

There are things he would do differently. "One or two of the women have the most perfect teeth. You would die for the teeth, so there are things we got wrong."

One criticism voiced strongly in Australia involved the absence of indigenous cast members. There had been a plan, says McGovern, to do the story of the first colony from both perspectives. He embarked on a project with Australian film-maker Mac Gudgeon, whom he met when they both popped out for a smoke at a conference in America. "Mac tried to write it from an Aboriginal perspective and I tried to write it from the convicts' perspective for the British BBC. And of course the British BBC did not want it."

McGovern did work with indigenous writers on the series *Redfern Now*, a gritty, moving take on life in that Sydney suburb that was not unlike an indigenous

Australian version of McGovern's *The Street*. He'd hoped to introduce indigenous characters on a second season of *Banished*. "I was going to do that with a few of the writers I worked with on *Redfern Now* – so a proper Aboriginal contribution; not tokenistic but Aboriginal writers writing about their history for a major British broadcaster. That was going to be the plan but it's gone now."

He'd love to do something about New Zealand, too. He nearly did. "The first



time I went to Australia, Eileen [his wife] and I spent a month going up and down the South Island, up Mt Cook and all that. We just fell in love with New Zealand. I also fell in love with *Season of the Jew*. You know that book?" Maurice Shadbolt's semi-fictional account of Te Kooti. "Yes! He says, 'Yes, I will convert but I will not convert to Christianity. I will convert to Judaism. An eye for an eye a tooth for a tooth.' I just think that's a wonderful moment in British colonial history." He took the idea to a film company. In the end it didn't go anywhere.

Never mind. In *Banished* he found another compelling moment in British colonial history. "The story of how Australia got its first hangman is the best story I've ever come across in my life," he says. "It's never been told."

It has now. As for the tasteless snobs of the world, he's not bothered. "I'm really proud of *Banished*. I've coined a word for it ... what was it? Operatic! It's operatic and it's epic," he says, reaching an unapologetic crescendo. "If you don't buy into that," he says, "you won't understand it."

BANISHED screens on UKTV on Friday at 8.30pm.



CLARE
DE LORE

'It's the book by which I've lived my life'

Entrepreneur and ice-cream queen Diane Foreman reveals some of her literary influences.

Anew chapter has started in the rags-to-riches story that is Diane Foreman's life. After selling her award-winning dairy food business, she recently left New Zealand for Europe and earlier this month spoke at the exclusive EY Women in Leadership Summit in Monte Carlo. She's also completing a book, *In the Arena*, due for release in August.

Foreman – sometimes referred to as the ice-cream queen of New Zealand – turned around the fortunes of what is now Emerald Foods and recently sold it to Chinese buyers for an undisclosed sum. Her first marriage ended when she was in her early twenties and she subsequently supported herself and two young children by working as a waitress and typist. She later married Trigon plastics founder Bill Foreman, with whom she also had two children. They are now separated.

Foreman has a base in London and homes in Auckland and Omaha, where she spends time with her partner, Jason Smith, and her four grown children.

Have books played a major part in your life?

My brother and I were adopted into a very blue-collar family and there just weren't books in the house. Reading was

not encouraged by my parents – it wasn't part of their world. I didn't understand reading or books until I went to school. Then I started borrowing books from the library and now I read all the time. I'd read the back of a custard powder packet if I couldn't get my hands on a book.

You have four children, two of whom you adopted. Have you passed on your love of reading to them?

Yes, we read to them from the time they were born. My first two liked *My Cat Likes*

"Part of being an entrepreneur is just wanting to know things; you can pick up clues from other people."

to Hide in Boxes. One of them, Nichola, is the most incredible reader. She regards looking after children and a house as just an interruption to her reading. She's very intellectual and reads more high-brow stuff than I could ever dream of – books on quantum physics, for example.

Amy has three children, one of whom

has multiple handicaps, and she gets almost no time to read. *Are You My Mother?*, about the bird that fell out of the nest, was Josh's favourite story – it's really about us adopting him. And for Charlotte, the youngest, her favourite was *Where the Wild Things Are*.

Fiction or non-fiction?

Both. Fiction is a great escape from the problems of my business day. Margaret Atwood is a favourite and Tom Clancy. I read biographies too – business and political. I liked Cherie Blair's book, *Speaking for Myself*.

I subscribe to quite a few magazines. *Vanity Fair* is a must-read. I love the *Listener*, the *Economist* and *Time* magazine, and by the time I've gone through the heavier stuff, I also like the odd *Women's Day* to keep up with the gossip.

Have any books had a lasting influence on your life?

The biggest stand-out for me was *Having It All: Love, Success, Sex, Money, Even if You're Starting with Nothing*, by Helen Gurley Brown. Somebody gave it to me when I was about 18 or 20 and it's the book by which I've lived my life. It's all about how she "mouseburged" her way to the top of *Cosmopolitan* magazine and has fantastic tips. Things from how to put on



Diane Foreman and her
1964 Don Binney painting.



Clockwise from left: editor-in-chief of US *Cosmopolitan* magazine for 32 years Helen Gurley Brown in 1968; Foreman and son Joshua in 1996; Peter McLeavey; an illustration from Maurice Sendak's *Where the Wild Things Are*.

make-up, how to behave during board meetings – how to live, really – and I must have read it about 100 times.

I'd recommend Malcolm Gladwell's book *Outliers* to anyone interested in business. It's a great story of success and tells you how to do it. Part of being an entrepreneur is just wanting to know things; you can pick up clues from other people and say, "Yes, I can do that."

What are you currently reading?

I have lots of books on art. The Peter McLeavey book [Peter McLeavey: *The Life and Times of a New Zealand Art Dealer*, by Jill Trevelyan] is the best art book written in generations. It is so well done, and it happens to have two paintings [I own] in it. I bought 10 copies of that book and gave them to people who I know love art as much as I do. I think sending an unsolicited spur-of-the-moment gift like that is a far better thing to

"I'd read the back of a custard powder packet if I couldn't get my hands on a book."



do than just remembering a birthday. If you look at my bookshelves, you don't necessarily see my favourite books as I'm likely to have given them to someone else to read.

What's the book you're writing about?

It's inspired by Helen [Gurley Brown]. It's about taking situations from my own life and saying, "Look, I fell down this rabbit hole, and this is how I got out of it." I hope it can help or inspire up and coming entrepreneurs.

You travel a lot – do you have a Kindle?

No, I don't – it would feel too much like work. I spend my days staring at screens and part of my "Diane time" is to put them away and pick up a book. I make time every day, at the end of the day, to read. I like to lie down to read, to cocoon myself with a book, so I love reading in bed. ■

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Three-thirty-it is?



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This Life



HEALTH

by Ruth Nichol

If it gels, sweet

A pioneering New Zealand study aims to see if a dose of sugar gel can cut newborns' risk of brain damage.

Recent New Zealand research is changing the way hospitals around the world treat newborn babies with low blood sugar (neonatal hypoglycaemia), meaning fewer intensive-care admissions and higher breastfeeding rates for babies with the potentially harmful disorder.

Now researchers at the University of Auckland's Liggins Institute have embarked on the main part of a large nationwide study to find out whether the same treatment – massaging a small amount of dextrose (sugar) gel onto the inside of the babies' cheeks – can be used to prevent them from developing neonatal hypoglycaemia in the first place.

More than 100 at-risk babies have so far been enrolled in the Hypoglycaemia Prevention with Oral Dextrose (hPOD) study, and another 2000 will join it over the next two to three years. Half the babies will be given a single dose of the low-cost gel an hour after birth; the other half will be given a placebo.

The purpose of the study is to find out whether that early intervention helps keep babies' blood sugar at normal levels. Principal investigator Jane Harding is confident it'll work, although as she pointed out at a recent public lecture for the Auckland Medical Research Foundation, which helped fund the \$6 million study, "we won't know until we've done the research". But if it does work, it could significantly reduce the number of hypoglycaemic



babies admitted to intensive care. More importantly, it might also help prevent serious long-term health and developmental problems.

Neonatal hypoglycaemia is the single most preventable cause of brain damage in newborns. About 20,000 New Zealand babies are at risk of developing it every year, particularly those whose mothers are diabetic, as well as babies who are large or small at birth or more

than three weeks premature. Of those, about half actually have the condition and are easily treated with early and frequent feeding. However, about 2000 are admitted to intensive care and given intravenous glucose to raise their blood sugar levels; the annual cost is about \$9.4 million. "It's expensive and it's unhappy for the baby and the family," says Harding, who is professor of neonatology at the Liggins Institute.

NUTRITION

Feeling anxious?
Maybe a little
sauerkraut will
settle you

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**PSYCHOLOGY**

Mental illness is
costlier than cancer
yet attracts less drug-
research cash – why?

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**FOOD**

For a little zing
for both savoury
and sweet foods,
add some citrus

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palsy, visual problems and learning difficulties."

However, no one knows how low is too low or how long is too long. To avoid the possibility of damage, all at-risk babies are given a heel prick test soon after they are born and treated if necessary. Most respond well to early feeding, and a recent study at Waikato Hospital found that supplementing early feeding with several doses of dextrose gel over 48 hours is even more effective. Babies who received the gel were much less likely to be admitted to intensive care than those given a placebo. They were also more likely to be breastfed, rather than given formula, at two weeks.

"If blood sugar levels are low enough for long enough, it can lead to a range of problems."

"I suspect that because they didn't get so sick and they didn't go to intensive care, breastfeeding was easier and more successful," says Harding.

Many hospitals around the world are now using dextrose gel to help treat neonatal hypoglycaemia. If the hPOD study produces the results Harding expects, the gel may also become a routine preventative measure.

However, that's still a long way off – the study won't finish until 2020. The final stage, which will be funded by a \$1.6 million Health Research Council grant awarded this year, will follow up the trial babies at the age of two to see what impact the gel's had on their development, health and growth.

"The question we need to ask is does it matter – are they any better off for it or, indeed, any worse off?" ▀

Neonatal hypoglycaemia is on the rise as a result of the current diabetes epidemic, as well as an increase in the number of large, small and preterm babies. The rate of maternal diabetes in New Zealand, for example, increased from 2% in 1991 to 8% in 2010; it is most common in Maori and Pasifika mothers.

Doctors have been aware for many years that neonatal hypoglycaemia is associated with long-term health problems. "We know that if blood sugar levels are low enough for long enough, it can lead to a range of problems such as cerebral

HEALTH BRIEFS**ACCOUNTING FOR WEIGHT**

A set of bathroom scales and a spreadsheet may be the secret to successful weight loss – at least for men. A two-year study published in the *Journal of Obesity* found that men who weighed themselves frequently and tracked the results were more likely to both lose weight and keep it off. Women in the study also lost weight, but less than the men. The researchers say the method seems to work by forcing people to be aware of the connection between their food intake and their weight.

HOW STRESS AGES US

US scientists have found a possible explanation for the link between chronic stress and poor health and early death. Researchers at the University of California found that women under chronic stress have significantly lower levels of klotho, a hormone that regulates ageing and enhances cognition. They say the next step is to look at whether higher levels of klotho can benefit both our bodies and our minds as we age.

TAKE 1 CAT CLIP 2X A DAY

Watching cute cat videos online may actually be good for you, according to a new study that has found that the popular activity boosts viewers' energy and positive emotions and decreases negative feelings. Cat videos receive more views than any other YouTube category and last year attracted a whopping 26 billion views. The researchers say that the good feelings produced by watching the videos suggests they have potential to be used as a form of low-cost pet therapy.





NUTRITION

by Donna Fleming

Get cultured

Scientists suspect fermented foods can help ease social anxiety.

It sounds like some bizarre old wives' tale: if you want to overcome extreme shyness, try eating sauerkraut. It's not a joke. A recent study has found that people who eat more fermented foods such as sauerkraut and yogurt have fewer experiences of social anxiety. This phobia can lead to sufferers struggling to interact with people, especially strangers, and can interfere with their ability to work, have relationships and get on with normal daily activities.

This kind of anxiety disorder is typically treated with antidepressants, counselling or cognitive behavioural therapy. But tucking into miso soup may also be effective, according to research carried out by the University of Maryland and the College of William and Mary in the US, and published in *Psychiatry Research*. Psychologists questioned more than 700 people about their lifestyles and found that those who ate more fermented foods had fewer social anxiety symptoms. The researchers believe that the probiotic content of fermented foods is responsible.

Probiotics are "friendly" bacteria that increase our levels of gamma-aminobutyric acid (GABA), a neurotransmitter that plays a role in our emotions. The way GABA works is mimicked by anti-anxiety medications, and more GABA in the body means fewer symptoms of depression and anxiety.

The researchers concluded that although further investigation is needed, the results of the study suggest that eating fermented foods that contain probiotics may serve as "a low-risk intervention" for reducing social anxiety.

If fermented foods really can make us less



uptight in social situations, then that's one more thing to add to the list of benefits they provide. Previous research into these foods indicates that, among other things, they may be able to improve digestion, boost the immune system and speed up a sluggish metabolism, which can help with weight loss.

Fermenting foods has been a common practice for centuries – it was one of man's earliest attempts to

preserve food. Fermentation occurs when bacteria, yeast and enzymes are used to convert carbohydrates to alcohol or organic acids. Micro-organisms eat up sugars, which is why many fermented foods taste sour. This stops food from putrefying and also produces probiotics.

Before canning was commonplace and fridges were available, people would eat vegetables in season, then ferment the leftovers to last through

Fermented foods may be able to improve digestion, boost the immune system and speed up a sluggish metabolism.

For TV quizmaster Jaquie Brown, "happy eating" is more of a priority these days than healthy eating. Although she tends to lean towards fresh, unrefined foods, the mum of two says she won't rule out any food group or deny herself the occasional donut.

How has your relationship with food changed over the years? It used to be about control, and now it's about freedom. I've been dairy-free, vegetarian, I've cut out fruit, I've done juice diets – I've done it all. What a waste of time! Food has become more about nourishment and joy than something for me to overthink.

For breakfast, I tend to have ... a rotation system: I eat the same thing for about four months and then change. At the moment, I'm loving Purebread from health food stores. I have one slice with butter and Vegemite and one with almond butter and either slices of pear or a few blueberries. I also have a long black with pouring cream.

My current food obsession is ... making slaw. I use a green apple, green and purple cabbage, mint, lemon juice, flaky salt and my secret weapon: Best Foods mayo.

My favourite meal is ... roast chicken with stuffing and cranberry sauce. It reminds me of growing up in England. Brussels sprouts are delicious with it and I will arm wrestle anyone who disagrees.

As a child in England, food was ... a mixture of things to be wary of, especially if it was meat. We were a primarily meat-free household. I didn't eat a steak until I was 28.

What's a healthy lunchbox favourite for your pre-schoolers? "Birds nests": half an apple with the core taken out and the hole filled with raisins. If you create a story for meals, sometimes kids are more interested. Another trick I've learnt is to stick a mini flag in the meal. It adds an element of celebration and excitement.

A last-minute dinner idea is ... If I can grate enough vegetables into mince to make meatballs, then it's like a complete meal in one little bite-sized treat.

A favourite childhood food memory is ... "Treat after school" day, every Thursday. There was a bakery near where Mum worked in South London. My brother would get a doughnut and I'd always get an iced finger bun. Being a nurse, Mum was very health conscious and we'd rarely get sugary things. I'd savour that bun and make it last about an hour.
– Fleur Guthrie

Jaquie Brown hosts comedy quiz show Word Up on Thursdays at 9pm on TV1.



Clockwise from top left: kimchi, fermenting fish (for use in fish sauce), yogurt, miso soup, sauerkraut, pickles.

winter. Fermentation is also the process used to make alcohol and bread. Common fermented foods include sauerkraut (fermented cabbage), yogurt, miso soup and kimchi (Korean fermented vegetables).

Eating fermented foods can help balance the bacteria in our gut – where we have what are considered "good" and "bad" bacteria. Too much bad bacteria can lead to a host of problems, including food intolerances, irritable bowel syndrome, chronic fatigue and skin disorders.

Because what's going on in our gut

also affects our immune and nervous systems, creating a healthy digestive environment can have a knock-on effect throughout our bodies. Many medical professionals believe factors such as a sugar-heavy diet, stress and the prolonged use of antibiotics create an imbalance of bacteria in the body, leading to a range of issues, including bloating, fatigue, diarrhoea, headaches, general inflammation and sugar cravings, as well as more serious disease. One way to rectify this imbalance is to up your intake of probiotic-laden fermented food.

It's also thought that the fermentation process has health benefits besides producing probiotics. For example, turning cabbage into sauerkraut increases the glucosinolate compounds in this vegetable, which are believed to fight cancer.

Fermented foods aren't difficult to make at home and are increasingly available in supermarkets and specialist stores. Do your research before making your purchase, though, as some commercially prepared products are pasteurised and cooked at a high heat, which kills any good bacteria, and some contain unhealthy added extras – for example, flavoured yogurt can contain added sugar, and pickles and miso can be high in sodium.

It's also important to read labels when it comes to pickles. Some types can be fermented, but only if they're pickled in brine (salt and water) and not vinegar. Even though vinegar is a product of fermentation, it prevents natural fermentation from occurring in foods. ■



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NEW ZEALAND **LISTENER**



PSYCHOLOGY

by Marc Wilson

Got some new drugs, man?

Mental illness costs much more than cancer, yet it's the poor cousin of pharmaceutical research.

The difference between psychologists and psychiatrists is that the latter are medically trained. That and the pay – a GP starting out can expect to earn more than a psychologist working in public health ever will, according to current figures.

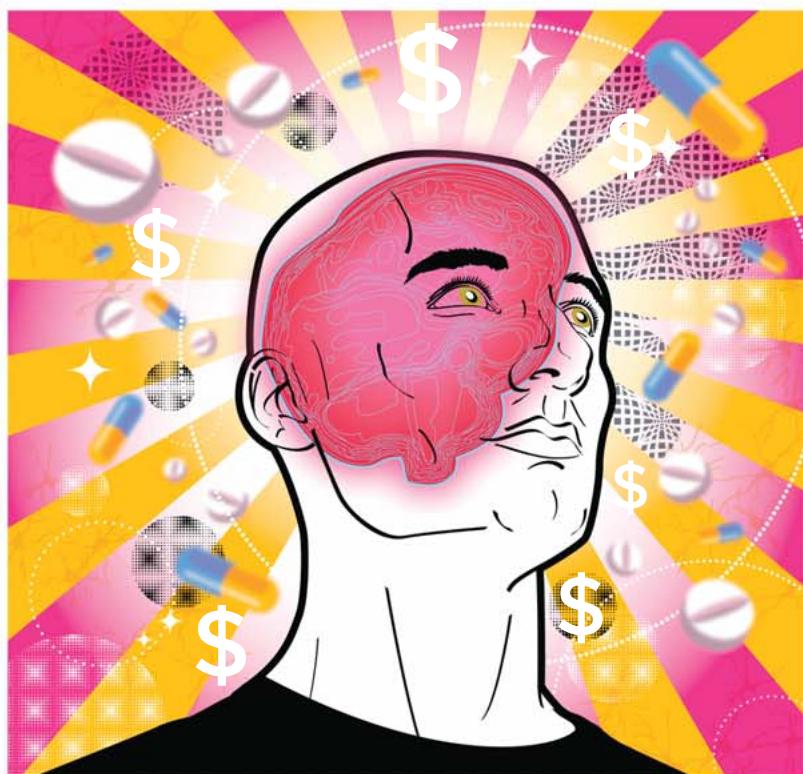
One perk of being a medical doctor is that you can prescribe drugs, but a discussion is under way about whether to grant psychologists limited prescription powers. There are some important pros to this. For example, it would be beneficial for psychologists working in out-of-the-way places where there may not be easy access to psychiatrists who can prescribe antidepressants or other potentially useful psychopharmaceuticals.

Overall drug-discovery spending is increasing, but fewer psychopharmaceuticals are being developed.

New Zealand wouldn't be the first place in the world to introduce prescription rights. But there isn't a huge amount of evidence to suggest it's been overwhelmingly successful. In parts of the US where it's been allowed, less than 10% of those who complete the required additional training have gone on to exercise their newly won powers.

While we wait to see what will happen in New Zealand, another question concerns the drugs themselves. The issue is not so much those that are available but the crisis occurring in the development of new and better pharmaceuticals for treating neurological and psychological problems.

The crisis was the subject of a public address



in Nelson a couple of weeks ago by Victoria University professor Bart Ellenbroek. At its heart is a decline in psychopharmacology funding. Although the amount of money being spent on drug discovery overall is increasing, fewer psychopharmaceuticals are being developed, tested, proven successful and brought to market. Pharmaceutical companies have been laying off researchers working on drug discovery in these areas.

It's reasonable to think that perhaps this decline is a consequence of the global financial crisis, but a look at the investment in drug development for other problems doesn't bear this out. Whereas the number of drug-discovery projects associated with mental health is a third of the 2009 figure, cancer-related discovery effort has increased 25%, even though the success rate of new cancer-treating products making it from testing to registration is lower than for mental health-related drugs.

Why is this a problem? Let's leave aside the debate about the usefulness or otherwise of psychotropic drugs and take a look at the costs associated with the problems they're supposed to help with. A 2011 study reported that Europe's financial

burden from 19 classes of psychological and neurological problems and their consequences (including dementia, addiction, anxiety and mood disorders) was about €800 billion. That's about more than five times the value of New Zealand's economy.

If you're thinking the costs of cancer would surely outweigh the mental health burden, you're wrong. The same study shows Europe's bill for cancer is less than a third of that for mental health. Even if you toss in the costs of lung and heart disease and diabetes, the total is less than two-thirds of the costs associated with mental health. This is partly because on average people live longer with a mental illness than they do with cancer. There is clearly a dollars-and-cents argument for ameliorating the mental health burden.

So why the drug crisis? Ellenbroek speculates that part of the issue is that "low-hanging fruit" psychotropic treatments have already been discovered – it's just harder to find new drugs for mental health. But he also thinks that perhaps we're searching in the wrong places – under the same lamp posts that we've always looked. Not that I blame the researchers – it's always harder to come up with ideas you haven't come up with before. ■



MONEY

A tale of many tough markets

Kiwi firms in China too often expose the folly of exporting “she’ll be right”.

Walking around certain parts of Shanghai feeds the evocative dream that China is the realm of untapped potential and holds the opportunity for untold riches.

Nanjing Rd, Huaihai Rd and virtually all the Pudong district lend themselves to an idea of opulence typically reserved for historical novels about the Russian aristocracies. Giant malls sporting the latest wares from Louis Vuitton, Chanel and Gucci catch the eye, as do corner stores housing half a dozen Ferraris. And since those are largely the areas visitors will see in China’s commercial capital, it’s understandable how the illusion can persist.

Unfortunately, if Kiwi entrepreneurs and executives see those images as the truth about China, it may influence how they think about entering that market in ways they will regret.

Had they gone just a stone’s throw from the retail golden miles or the financial district, they’d have seen an entirely different city, where hustling to eke out a living is a normal state of life. Some streets are paved with gold in one of China’s wealthiest cities, but not all of them.

To make your mark in the world’s most populous nation and second-biggest economy, it takes more than simply turning up. And unfortunately, that is one of the mistakes too many Kiwi companies make when they cast their net in China.

Government officials and expat Kiwis on the ground in Shanghai have seen far too many New Zealand firms fall flat when they arrive in China, with a greedy glint in their eye matched with naive enthusiasm. China is not simply a tough market but multitudes of tough markets – and they’re getting tougher, according to experienced China watchers. The good players thrive and the bad go and do something else.



Very little of China is like the glitzy parts of Shanghai.

Many New Zealand firms have a torrid time when they first enter the country. They haven’t done the legwork to get themselves sorted.

Expat Mark Tanner, whose China Skinny agency provides market research for foreign firms trying to break into China, points to a lack of due diligence as a fatal error New Zealanders often made. For example, when I asked him what their legal advisers were telling them, his response was that they didn’t take legal advice. That’s just asking for trouble.

The she’ll-be-right ethos that companies get away with in New Zealand simply doesn’t export well. And if New Zealand food manufacturers think it’s tough dealing with the local grocery duopoly of Foodstuffs and Progressive, imagine how they’ll fare in a market where even global supermarket chains like Tesco are struggling to compete.

Those who help pave the way for Kiwi firms into China have a common refrain: lay a foundation long before actually entering the market. That means not buying a factory in the middle of nowhere. It also means hiring the right advisers and talking to people in the relevant markets. Making sure your business is China-ready includes deciding who from your operation is going to live there. “Boots on the ground” are essential.

A growing number of industry bodies are keen to pool resources to locate people in their relevant Chinese markets. But that means knowing exactly which part of the market to enter.

China is vast, although those three words on their own can’t explain how deep the market is. Ask most people about China and they might mention Beijing, Shanghai and



Many Kiwi firms have a torrid time. They haven't done the legwork to get themselves sorted.

possibly Guangzhou. Those three cities are huge, housing some 58 million people between them if the official statistics are to be believed.

Throw in the most populous city – Chongqing – with about 28 million, and you're still only covering 90 million of the 1.6 billion or so inhabitants of China. Even that many customers may be unrealistic.

Take expat Rob Young. In Shanghai since 1994, he ended up at the forefront of the city's English-style pub movement that decade with O'Malley's Irish Pub. At the time there were no Western bars or restaurants. When he sold 10 years later, half his clientele was Chinese, and 11 years on, eating Western food is a firmly established trend.

Young's latest pitch – manufacturing high-end electric scooters for a niche market in Shanghai – is

underpinned by the same idea.

The city is awash with cheap, samey two-wheelers. Young plans to launch scooters with lighter batteries and sturdier materials, charging 5000 yuan apiece, a step up from the usual 3000 yuan price of his rivals.

"In percentage terms it's a big increase, but in dollar terms, it's very affordable," Young says. "There's a big market of people, and some will actually be quite happy to pay a premium."

About a million scooters are sold annually in Shanghai, so Young is looking for only a fraction of the market: about 1000 bikes a year. That means he should fly below the radar of competitors. He might even whittle down that target market further to service only the upmarket Pudong area.

If he manages his relatively modest target, that's a business with annual revenue of five million yuan, or about \$1.2 million. Not bad for a one-man

band. And though there's the potential to scale up, he isn't getting ahead of himself.

That's something that Kiwis looking to China should pay heed to. Even though the Chinese economic dragon is slowing to 6-7% annual growth rates, that's still a massive amount of activity more than capable of sucking up New Zealand's wares.

Economic Development Minister Steven Joyce summed it up when opening a primary sector marketing office in Shanghai, saying New Zealand companies' generally small scale makes them able to innovate and be creative, take risks and target decent profit margins. New Zealand firms don't have to take on the world when they chase the Chinese dragon. A scale or two will do for a start. ■

By Paul McBeth, who was on exchange to the Shanghai Daily News with support from Asia New Zealand Foundation.



Zest for life

Add citrus to this, that and the other thing, and while you're at it, try these sweets.



W

inter has arrived with a vengeance, so it's comforting to know that an array of hardy citrus fruits are ripening and will provide the extra vitamin C we crave. We've devoured the first flush of mandarins,

with their user-friendly easy-peel skin, perhaps the most popular citrus fruit of all. I've also been captivated by the lovely lingering fragrance of limes. Grated lime zest and lime juice have found their way onto the dinner table most nights lately; sprinkle them on fish and chicken and use them in salad dressings, or try a generous squeeze of juice on broccoli and sweet vegetables such as carrot, pumpkin and kumara to add a delicious zing.

THIS RECIPE IS AN OLD favourite that is incredibly easy to make yet has a real wow factor.

LEMON POSSET WITH MANDARIN

500ml cream
150g caster sugar
75ml lemon juice
2 tsp gently grated lemon rind
2 mandarins

Place the cream in a saucepan and add the sugar. Stir with a wooden spoon to dissolve the sugar as the cream comes to the boil, then reduce the heat and simmer for 3 minutes, making sure the liquid doesn't rise up and bubble over.

Remove from the heat and stir in the lemon juice and rind. When slightly cooled, pour into ramekins or glasses and refrigerate overnight or for at least two hours to set.

To serve, peel the mandarins and, without separating the segments, remove as much pith as possible. Cut into slices and arrange on top of the posset.

Serves 4.

Wine match: late-harvest riesling or limoncello.

THIS WONDERFULLY MOIST cake is gluten- and dairy-free. Note that it needs to be started a day ahead.

ORANGE AND LIME CAKE WITH MACADAMIAS

2 medium-sized oranges
2 limes
6 large eggs
1 tbsp baking powder
300g ground almonds
300g caster sugar
250g apricot jam
3 tbsp water
4 tbsp chopped macadamias



Orange and lime cake with macadamias.
Left, lemon posset with mandarin.

Make the citrus purée the day before serving. Make sure the skins of the oranges and limes are clean, then place the whole fruit in a deep saucepan and cover with water. Bring to the boil and allow to simmer for an hour and a quarter, then drain and allow the fruit to cool. Cut into halves and remove any pips before puréeing in a food processor until almost smooth. Refrigerate until needed.

To make the cake, heat the oven to 160°C. Grease a 22cm cake tin with a removable base and line the base with baking paper. Use a hand whisk or electric mixer to whisk the eggs and sugar together until well combined and starting to froth.

Combine the baking powder and ground almonds, then use a metal spoon to stir it into the egg mixture with 400g of the prepared citrus purée. Pour the batter into the tin and bake for 1 hour until the top of the cake turns golden brown and the sides come away from the edges of the tin.

When the cake is cool, place the jam and water in a small saucepan and melt together. Sieve to remove any lumps of fruit, then brush the hot jam over the cake and decorate with the macadamias.

Stored in an airtight tin, this cake will remain moist for a week. Serve with yogurt or whipped cream.

Serves 12. ■

Have you tried ...?

We're all familiar with the standard citrus fruits but there's growing interest in these more exotic varieties.

Buddha's hand

Bright yellow when ripe, this fragrant fruit has finger-like segments



– hence the name. A friend gave me one from her tree, which thrives in the Matakana area, and suggested I pop it in my bathroom to scent the air. Rarely eaten raw, it makes a wonderful jam. And when I visited the kitchen of Auckland's Heritage hotel recently, chef Jinu Abraham had cut a load of Buddha's hands into strips and was drying them in the first step of candying then pulverising them to make a delicious citrus and walnut butter.

Kalamansi lime

An Asian member of the citrus family, the kalamansi or calamondin is a tantalising mixture of the flavours of many citrus fruits and is popular in the Philippines and other southern Asian countries. It varies in colour from green to orange and is sweeter than regular lime, which makes it ideal for drinks and desserts. I recently ate a superb palate-cleanser of kalamansi granita as part of a Filipino banquet prepared by rising-star chef William Mordido at Chikos restaurant in Henderson, Auckland.

**Yuzu**

Originating in China, yuzus look a little like small grapefruit but have a slightly sweeter flavour. They play a part in Japanese cuisine as the major ingredient in vinaigrette-like ponzu sauce and in yuzu koshi, a fiery mixture of dried zest and flaked red or green pepper added to fish, meat and vegetable dishes.

**Kaffir lime**

The pungent aroma of finely chopped kaffir lime leaves adds a magical dimension to curry, laksa and other Asian dishes. The fruit can be found in stores from time to time and the zest and skin are excellent for adding extra flavour to meals. The juice, however, is generally considered too acidic for cooking.

**Kumquat**

With its prolific crop of delicate fruit that look like miniature oranges, the kumquat tree is most often chosen as an ornamental shrub. The fruit has sweet skin and slightly sour flesh and is useful for candying and making jellies, marmalade and preserves. It also makes an attractive garnish for cocktails and salads.

**WINE**

by Michael Cooper

Villa lover land

A peasant's guide to drinking like a king.

Are you interested in wines that deliver consistently satisfying, four-star quality at affordable prices? Who wouldn't be?

The popular Church Road range from Pernod Ricard NZ (formerly Montana) offers excellent value (see our April 18 issue: tinyurl.com/NZLchurchroad), and Villa Maria's mid-range Cellar Selection falls into the same category – especially when it's on "promotion" at under \$15 – as does the middle-tier Reserve range from Vidal, also a key part of the Villa Maria empire.

Vidal Reserve Marlborough Pinot Noir 2014 ★★★★

Vibrant and supple with a fresh scent, this is a fine example of "fruit-driven" pinot noir and is already enjoyable. Matured mostly in older French oak barriques, it is full-coloured with strong ripe cherry, plum and spice flavours to the fore, complexity from the subtle oak handling and a well-rounded finish. \$25

Villa Maria Cellar Selection Hawke's Bay Merlot/Cabernet Sauvignon 2013 ★★★★

Delicious young, this deeply coloured red has a fragrant, sweetly oaked bouquet. Rich and vibrantly fruity, it has strong plummy, spicy flavours, a hint of dark chocolate and gentle tannins giving an ultra-smooth finish. \$18

Villa Maria Cellar Selection Marlborough Dry Riesling 2014 ★★★★

Looking for a dryish but not austere riesling? Very finely balanced, this has a fresh, minerally bouquet leading into a crisp, youthful wine with good

intensity of citrusy, limey flavours and a slightly spicy, lingering finish. Best drinking from mid-2016. \$18

Villa Maria Cellar Selection Marlborough Pinot Noir 2013 ★★★★

This charming, bargain-priced pinot noir ticks all the boxes. Ruby-hued, it is full-bodied and smooth, with lively cherry, plum and spice flavours and finely integrated oak adding savoury, complex notes. \$25

Vidal Reserve Organic Hawke's Bay Sauvignon Blanc 2014 ★★★★

This steely dry wine was estate-grown in a vineyard adjoining the Gimblett Gravels and fermented in tanks and seasoned French oak barrels. Punchy, with tropical fruit flavours, it is less herbaceous than the classic Marlborough style, but its vibrant fruit characters and appetising acidity give it a youthful impact. \$20 ■

WINE OF THE WEEK

Vidal Reserve Hawke's Bay Chardonnay 2014

★★★★★

A wonderful buy offering greater richness and complexity than you'd expect at this moderate price. The bouquet is fragrant and smoky and the palate mouthfilling, with strong, ripe, peachy, slightly buttery flavours, fresh acidity keeping things lively and impressive concentration and complexity. \$20





SPORT

by Paul Thomas

Living proof

How do you tell a winning coach from a losing one?

Sport, as we're told ad nauseam, isn't rocket science. You overlook the obvious at your peril. If you want a winning team, get a winning coach. How can you tell who's a winning coach and who's not? Well, Sherlock, you check their records: the ones who win all the time are winners; the rest are losers. You make damned sure you don't hire a loser. It's that simple.

Following Sir John Kirwan's resignation as coach of the Blues, who bumbled their way to 14th on the Super 15 ladder, one point ahead of the Perth-based Force (or "Farce" as they've been unofficially known for much of their short history), questions are being asked as to how this duffer was ever appointed in the first place.

"Let's not fudge the facts," explained the *Dominion Post*'s rugby writer with the exasperation of a man having to reacquaint people with the bleeding obvious. "Kirwan was appointed Blues coach on name and heritage, not the strength of his CV. He returned home as a struggling international coach after failing to produce anything near a winning record with Italy or Japan."

Another way of putting it would be that Kirwan returned home after doing much the same with Italy and Japan as everybody else who's coached them. The problem with this version is that it suggests Italy's and Japan's records are, first and foremost, reflections of their rugby cultures and talent stocks, which of course undermines the narrative that there are two kinds of coaches.

To put it in perspective, the Azzurri have won four of their 119 games against the game's traditional heavyweights: Australia, England, France, New Zealand, South Africa and Wales. Kirwan was succeeded as coach of Italy by Pierre Berbizier, who guided France to a third-place finish at the 1995 World Cup. Berbizier was succeeded by Nick



John Kirwan: not his best work.

Mallett, who guided South Africa to a third-place finish at the 1999 World Cup and a world-record-equalling 17 consecutive victories. Despite their impressive CVs, neither achieved significantly better results than Kirwan nor managed to lift Italy into the top tier of international rugby.

Kirwan left Italy where he found it: 11th in the world rankings. They are now 15th. Japan is still 13th, despite Kirwan's highly credentialed successor Eddie Jones's vow to get them into the top 10.

Steve Hansen has a winning record of around 90% since taking charge of the All Blacks, an appointment that wasn't greeted with unanimous approval. The critics reckoned he got there on Graham Henry's coat-tails and courtesy of a cosy personal relationship with New Zealand Rugby chief Steve Tew, and that his record as a head – as opposed to an assistant – coach was mediocre.

They had a point: under Hansen, in 2003 Wales lost every game in the Six Nations tournament during their worst-ever run of 11 consecutive defeats, including one to Italy coached by, er, Kirwan. Fortunately, the 12th game in this sequence was against Romania, who are even worse

than Italy and Japan.

This isn't to say Kirwan should still be the Blues coach – the harsh reality is that his position had become untenable. But the line that good coaches win, end of story, is fatuous. Treating coaches' records as pure arithmetic, devoid of any context or nuance, is a driver of our crude and destructive tendency to divide the coaching ranks into wizards who get too much credit when things go well and clowns who get too much blame when they don't.

Another old sporting adage is that the coach can't do it for you. ■

SPORTS STATS



RUGBY CHAMPIONSHIP TOP TRY SCORERS

1	Bryan Habana	South Africa	18
2	Christian Cullen	New Zealand	16
3	Richie McCaw	New Zealand	15
4	Joe Rokocoko	New Zealand	15
5	Doug Howlett	New Zealand	13
6	Jean de Villiers	South Africa	11
7 =	Adam Ashley-Cooper	Australia	10
7 =	Ma'a Nonu	New Zealand	10
7 =	Ben Smith	New Zealand	10

*prior to the 2015 championship, which begins on July 17.

Springbok Bryan Habana

GETTY IMAGES

Kirwan left Italy where he found it: 11th in the world rankings. They are now 15th.

Books & Culture



Down these mean fjords

Nordic Noir doyen Gunnar Staalesen on how crime novels are ideal for dissecting society. **by CRAIG SISTERSON**

Poetry 52

Revealing collections from Clive James, Gregory O'Brien and Makaro Press

Theatre 54

A new play puts our obsession with appearance under the microscope

Music 57

Franz Ferdinand join Sparks in a damned good fun high-camp collaboration

Film 58

Good vibrations in a sketch of the life of Beach Boys genius Brian Wilson



Before Jo Nesbø, Stieg Larsson or even Henning Mankell, there was Gunnar Staalesen: the doyen of Nordic Noir is revered in Scandinavia, though he remains less well-known among English speakers.

Frankly, we've been missing out.

"The modern crime novel is a useful tool for the analysis of society, from top to bottom, and that's why I write detective stories," says Staalesen, who began his career writing Kerouac-inspired "poetic, experimental novels" before switching to crime in the mid-1970s. "I want to paint a picture of the society we live in, even the roots of that society. Creating believable characters is another important tool to use to make readers interested in and moved by the story, and I believe that all those elements are what make the best contemporary crime novels."

Staalesen's very believable hero is Varg Veum, a children's welfare worker turned private eye in Bergen who has featured in more than 20 novels, graphic novels and short-story collections since first appearing "as an experiment" almost 40 years ago. Twelve of the Varg books have been made into an award-winning series of Norwegian films, and several more will be adapted as part of a 10-episode television series. Millions of copies of the books have been sold, and the stories translated into a dozen languages. However, *We Shall Inherit the Wind*, released in the UK and Australasia this month, is only the sixth tale to be translated into English.

We Shall Inherit the Wind is a clever, thought-provoking thriller in which a wind-farm inspector vanishes, kick-starting a difficult case for Varg ("Wolf" in Old Norse). The darker edges of capitalism, environmentalism and religious fundamentalism entwine in a chilling tale that strikes close to home. "This book started with the debate about wind turbines in Norway of the past 10 to 20 years," says Staalesen. "I also had an idea in my head about a story of a disappearance by the

sea that in the end perhaps wasn't what it looked like." The two ideas came together.

While Staalesen enjoys exploring deeper social themes via Varg's crime-laced adventures, he's conscious not to sermonise. He takes as his North Star the words of fellow countryman Henrik Ibsen: "I do nothing but ask the questions, my task is not to answer."

"I try to integrate issues in the crime plot, as close as possible," says Staalesen. "I am never too blatant with my own opinions. I try to make a picture of the conflicts, the problems, but it is up to the reader to find his or her answers to

"Human nature is not so different from one part of the world to another."

the questions I pose. This was done by Maj Sjöwall and Per Wahlöö in their best novels, and is perhaps what is most typical for the Nordic crime novels of the past 50 years, more important in our countries than in many others, I think. The crime novel is the perfect genre to do this, if you do it right."

Although the social consciousness of Swedes Sjöwall and Wahlöö's groundbreaking Martin Beck series had some influence on Staalesen when he started out in the 1970s, he says it was crime writers from further afield that held stronger sway. "As a reader I was inspired by Arthur Conan Doyle, Agatha Christie, Quentin Patrick and many others, but as a writer my first and most important influences were Raymond Chandler's Philip Marlowe, Ross Macdonald's Lew Archer and even Dashiell Hammett."

The holy trinity of hard-boiled crime fiction, patrolling the mean streets of California, inspired Staalesen to transport the lone-wolf archetype to the west coast of Norway and give it his own spin. "Varg

Veum is clearly a Norwegian relative of Marlowe and Archer, but he is of course more Norwegian than them, with a Norwegian way of thinking and a political philosophy that is recognisable as 'the Scandinavian model'. The social criticism is inspired by Sjöwall and Wahlöö, to be sure, but [in] literary [terms] and in writing, the Americans are more important for me."

I tell Staalesen that Nesbø has called him the "Norwegian Chandler", and he seems almost embarrassed by the comparison. "I cannot be anything but flattered." It's an apt description, though, both for literary quality and influence. Varg Veum's iconic status is perhaps best summed up by the fact there is a life-size bronze statue of the fictional detective in the town of Bergen, and Staalesen was a tour guide for Prince Charles when he visited.

For New Zealanders, Varg's stories will be both exotic and familiar, says Staalesen. "A series of crime novels from the other side of the globe, about as far from New Zealand as you can go, but quite similar, they tell me, in nature. You have fjords and mountains like we have. And human nature is not so different from one part of the world to another. The stories all have to do with love and death, the fundamental themes of literature from the murder of Abel and the mystery of King Oedipus to the present day, and with a hero, a private detective, that some critics have compared to Hamlet: melancholy enough, but strangely clear-sighted in the end." ■

WE SHALL INHERIT THE WIND, by Gunnar Staalesen (Orenda Books, A\$29.99), is out now.



Gunnar Staalesen: influenced by the holy trinity of Chandler, Macdonald and Hammett.

On the run

CATHERINE ROBERTSON surveys new contemporary fiction.

Em Smith awakes to find herself beside a bloodied corpse, the scion of the wealthy family who adopted her. She cannot recall his murder, but assumes she's the culprit and flees, beginning a perilous journey that will reveal both the true murderer and the tragic secret of Em's origins. Set in 1776, Debra Daley's **TURNING THE STONES** (Headline, \$24.99) starts well, with brisk action, good characterisation, suspense and intrigue, but fades into stale tropes of amoral villains, psychic Irishwomen and a brooding hero who turns the hitherto gutsy, cool-headed Em into an irritating flounderer. A disappointing finish after an exciting and promising first half.

THE YEAR OF FALLING (Makaro Press, \$35) is the first adult novel from Wellington



Tim Clare:
satisfyingly
entertaining.

Digging for answers

A husband goes missing off the Amalfi Coast, and that's not the only mystery here.

by DIANA MORROW

Ann Turner's debut thriller opens with the protagonist, Rebecca Wilding, jogging along the beach on a sunny summer morning. At 47, her life is full and happy. A respected archaeologist, she has recently become

head of the School of Classics and History at Coastal University on Victoria's Surf Coast. She and husband Stephen, a handsome economics professor, have two offspring at university in Melbourne. Rebecca's running partner and fitness coach is a shaggy border collie-retriever cross called Big Boy.

Within a short time, this settled and fulfilling existence begins to unravel. Stephen starts leaving for work early and coming home late, and seems emotionally distant and evasive. Rebecca is convinced he's having an affair, and her suspicions eventually fall on her arch-enemy, Priscilla Chiton, the elegant and ruthless Dean of Arts.

Priscilla is managing a process of cost-cutting and enforced redundancies, which Rebecca believes to be unfair and counterproductive. After several run-ins at work, the two women engage in an excruciating mediation process. Though this is trying,

much worse is to come. Rebecca soon finds herself facing allegations of serious fraud involving large sums of university money in an Athens-based account.

With dark clouds threatening both marriage and job, Rebecca leaves Australia for a conference trip and holiday to Greece, Italy and Paris with Stephen. Once in Athens, she hopes to uncover the truth about the fraud claims. She's no closer to solving that mystery when Stephen goes swimming on the Amalfi Coast, never to return. Shocked and distressed by his

Stephen starts leaving for work early and coming home late, and seems emotionally distant and evasive.

author Janis Freegard. We start with Selina, whose self-destructive behaviour and sexual obsession threaten to ruin her successful designer life. Her sister, Smith, comes to help but is distracted by problems of her own: a dying friend and a pressing desire to find the mother who abandoned the sisters long ago. Freegard takes a risk opening with the least sympathetic character, and the first couple of chapters are a little stilted. But the pace and assuredness quickly increase, building layers of tension and pleasingly ambiguous characterisations that hold interest to the end.

It's a mystery why **FOREVER YOUNG** (Fifth Estate, \$34.99) is set on the cusp of the 1977 Australian electoral defeat of Gough Whitlam. Author Steven Carroll makes little effort to insert period detail, and the events have scant impact on the storylines. The novel tracks several characters, whose lives come under strain. Carroll is an award-winning author, but the narrative consists almost entirely of the workings of each character's mind as they embark on varying degrees of introspective scrutiny; there's minimal dialogue and no action. The result is a rather formless drift of looping repetition and clichéd epigrams, which makes this novel – no other way to say it – bloody boring.

What does it have to do with the creatures lurking in the woods that may or may not be giant bats?

Disgrace forces society couple Madeleine and Ellis Hyde out of their wealthy family home in Philadelphia. It's wartime and Ellis, apparently medically unfit for combat, decides the way back into family favour is for he and Maddy to make the dangerous journey to Scotland's Loch Ness, so he can succeed where his father failed – and film the monster. Author Sara Gruen drops her researched facts into the text like bricks, and there's a sadistic undercurrent that's quite repellent.

However, parts of **AT THE WATER'S EDGE** (Faber & Faber, \$36.99) are genuinely suspenseful and it's well written enough to make it worth a go.

It's 1935 and 12-year-old Delphine is brought to Alderberen Hall in secluded rural Norfolk so her mentally unstable father can be helped by a mysterious society whose true agenda Delphine is determined to discover. Is it sinister, as she suspects? And what does it have to do with the creatures lurking in the woods that may or may not be giant bats? Author Tim Clare's Gothic horror-fantasy debut, **THE HONOURS** (Canongate, \$35), is a tad complex, but written with entertaining verve. Gun-obsessed Delphine is a character worth rooting for, as is Mr Garforth, the drily amusing gamekeeper. The end is pure mayhem, with some excellently satisfying "Ee-yew" moments. ■



disappearance, Rebecca now faces fresh allegations from the Italian police.

Though *The Lost Swimmer* remains suspenseful to the end, its main characters are either too obviously one-dimensional or lack plausibility. The Borgia-like Priscilla, for example, is too icy to be credible, while Rebecca herself is difficult to fathom. A strong-minded feminist one minute, she morphs into a forbearing "stand by your man" type the next. Why she feels so strongly about Stephen is perhaps the real mystery of the book, as he seems utterly devoid of any personality. Several more interesting and credible minor characters pop up when the action moves to Europe. The most memorable of these, Burton Bennett, an archaeologist like Rebecca, has an outspoken aversion

to Stephen that's both believable and endearing.

The book is enlivened by the various continental settings; Italy's Amalfi Coast is especially vividly evoked. Less positively, shoals of red herrings mar the final impact of the plot, and the prose is often clunky, weighed down by superfluous adjectives. ■
THE LOST SWIMMER, by Ann Turner (Simon & Schuster, \$32.99).



Ann Turner: a mixed bag of suspense and superfluous adjectives.

A beautiful irony

SARAH QUIGLEY
reviews recent poetry collections.

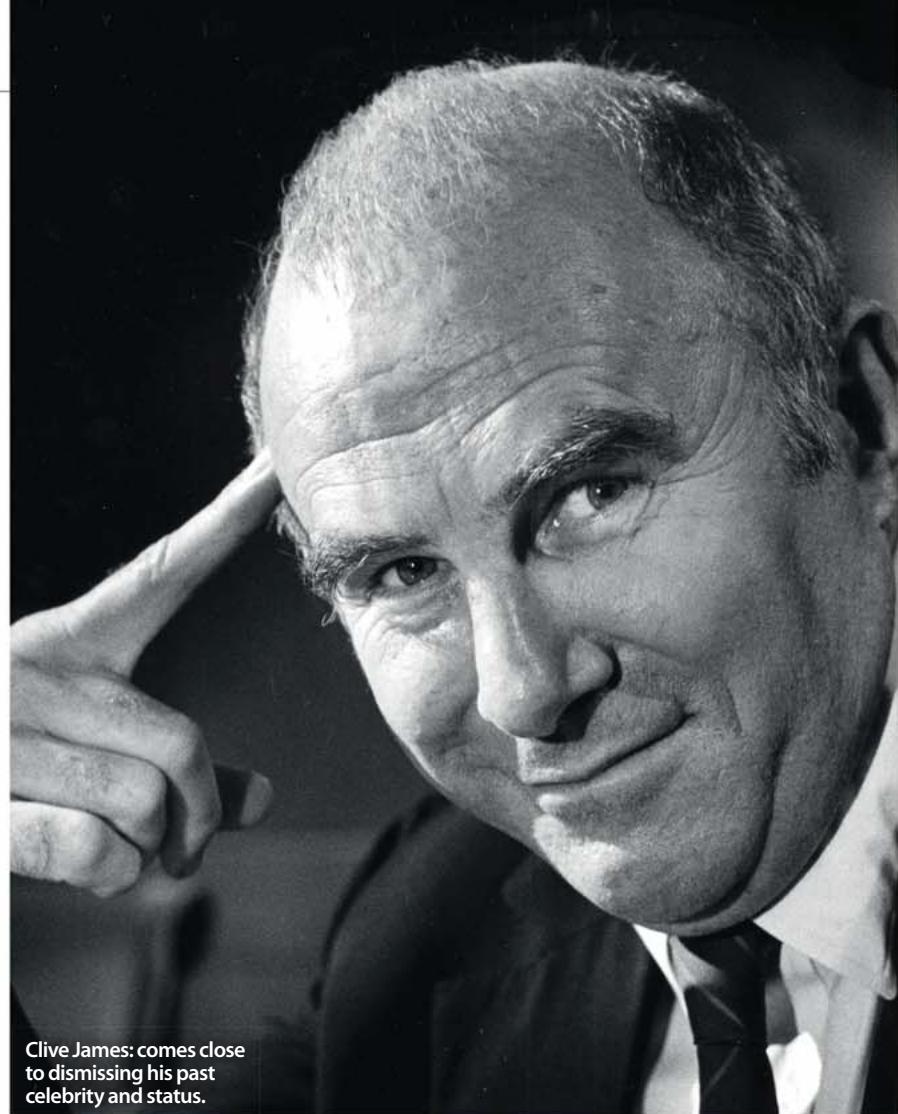
Clive James is one of those writers who's always seemed superhuman, effortlessly traversing literary genres for decades on end. He has published over 40 books, including literary criticism, poetry and novels, entertained us on TV and beguiled us with personal appearances. Having expressed and simultaneously disguised his intelligence and depth of learning with his easy wit, he has been accessible, erudite, admirable, enviable and lovable. And now James is dying.

Sentenced to Life is a collection of poems from 2011 to 2014 that's surprisingly condensed for such a prolific writer. But as the work itself makes searingly clear, James has been busy: having treatment for cancer, observing the world with an ever-more acute eye and coming to terms with his mortality. These are sharp, honest depictions of illness: the heavy legs, the trips to hospital and having to lie down after the effort of getting dressed.

*Sentenced to life, I sleep face-up as though
Ice-bound, lest I should cough the night
away ...*

James draws an indelible line between sickness and health, the dying and the hale, nature's ever-renewable cycles and our own finite existences. Most clearly and fiercely of all, he examines his celebrity past and the status he once took for granted – and comes close to dismissing it all. As he writes in *Landfall*, he may now be a "cot-case", "but at long last I can speak: I am here now, who was hardly even there." There's a brutal, beautiful irony here that he sees full well: his writing has reached greater heights of honesty and clarity because of his own decline.

Nature and the seasons; rhyming, regular forms: technically this is fairly simple stuff. But it's weighty and



Clive James: comes close to dismissing his past celebrity and status.

thought-provoking in its unflinching portrayal of suffering and acceptance. James has always had a personal touch, welcoming us all into his world – but somehow this collection places his earlier writing in a different light. Here, one senses, is the true Clive James: finally and tragically unmasked.

Gregory O'Brien's new collection also represents work from 2011 to 2014, yet it couldn't be a more different journey. Whereas James places himself firmly at the centre of his work, sun-like, O'Brien takes wandering paths that ostensibly lead away from the personal. *Whale*

Years is an incredible array of poems – stylistically adventurous and dazzlingly beautiful. They trace sea journeys of many kinds: the migratory paths of whales and birds, earlier explorations by other men and the poet's own singing interpretations of what he encounters in a vast sweep across the Pacific.

At every turn O'Brien exhibits an intense care for and love of language and sound. In the almost skeletal *White Island (Whakaari)*, words are stacked up like carefully selected stones into more than the sum of their parts: "Her highness and lowness, her whiteness/and wilderness" ... finishing with the perfect lines:



"whiteness of her eyes/a pale flock, her/gullness".

O'Brien exhibits immense skill at compiling images and phrases, and linking them together with delicacy and strength. Often he entirely absents his own consciousness to more vividly render impressions of the outer world. Yet there are also beautifully personal angles. The third sequence is dedicated to his son, whom he directly addresses: "We need to remember, Felix,/we're all cast-offs, blow-ins". Such lightness of touch and humility are the very inverse of James' fierce personal focus – yet both bring solace through acceptance.

Hoopla 2015 is the second annual series by Wellington's Makaro Press, showcasing three New Zealand poets. This year's trio of books is simply yet gorgeously designed – and the content no less striking.

Bryan Walpert's *Native Bird* draws on the natural world to depict a human one. How do we blend into our chosen environments? What quirks reveal us to be recent "settlers"? This is work full of a wonderfully sharp, self-deprecating awareness of human foibles and a love of wordplay – as in *Regret*, which circles around egret with Walpert's typical dexterity, humour and insight.

Compton's *Mr Clean & The Junkie* is a "70s love story": a lengthy sequence that moves from a Sydney crime scene to "some remote region in a river valley" in New Zealand: "Where exactly/I'm not saying". Such wry narrative interventions, combined with deliberately artificial cinematic elements and an outlandish story, all add up to a bold, original, fast-paced work.

Carolyn McCurdie's *Bones in the Octagon* depicts an altogether quieter and strongly recognisable New Zealand landscape. Titles are deliberately flat: *Two Boys on Roller Blades*, *Power Poles Along the Street*. But this is a ruse. Once you enter the poems, you see how skilled McCurdie is at stripping the surface off the everyday world to reveal the odd, wild, teeming

Gregory O'Brien: intense care for and love of language.

POETRY

by JANIS FREEGARD

Flotsam

By the end of the second week
we'd finished the duty free
and fashioned a make-shift shelter
from the in-flight magazines.
We dreamed of shops, the internet,
trim flat whites.

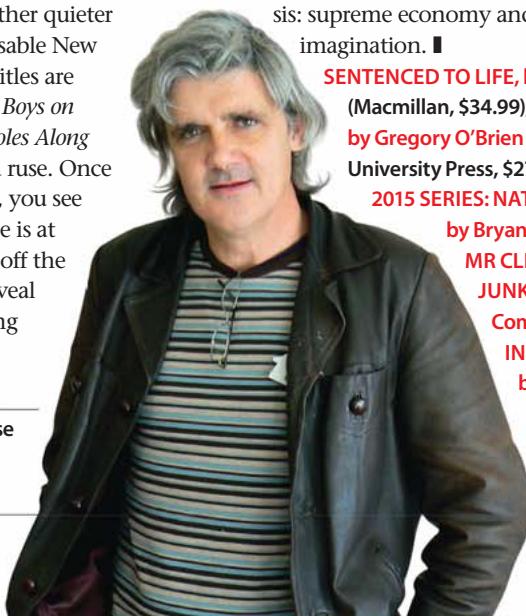
When, at the fourth week,
help had not materialised,
we formed into groups.
The lingerie models built a table;
the driving instructors set about
collecting fruit.
Those who failed to believe
in a happy outcome
moved to the south face.
The seasons altered.
Strange pigeons startled us.

After six months
someone spotted
a dot on the horizon
which soon grew
into the familiar funnel of a liner.
We looked at each other.
A roof needed thatching;
there was tilling still to be done.
We lifted our implements,
turned our backs to the sea.

(From *The Glass Rooster*, Auckland University Press, 2015)

beauty beneath. *Dormant* is just one example of how she renders the familiar strange: a curled-up cat is about to "flare/collapse into ash" under the hot breath of a nor'wester. The phrase "torch-throated breeze" is indicative of a perfect symbiosis: supreme economy and a boundless imagination. ■

SENTENCED TO LIFE, by Clive James (Macmillan, \$34.99); **WHALE YEARS**, by Gregory O'Brien (Auckland University Press, \$27.99); **HOOPLA 2015 SERIES: NATIVE BIRD**, by Bryan Walpert; **MR CLEAN & THE JUNKIE**, by Jennifer Compton; **BONES IN THE OCTAGON**, by Carolyn McCurdie (Makaro Press, \$25 each).



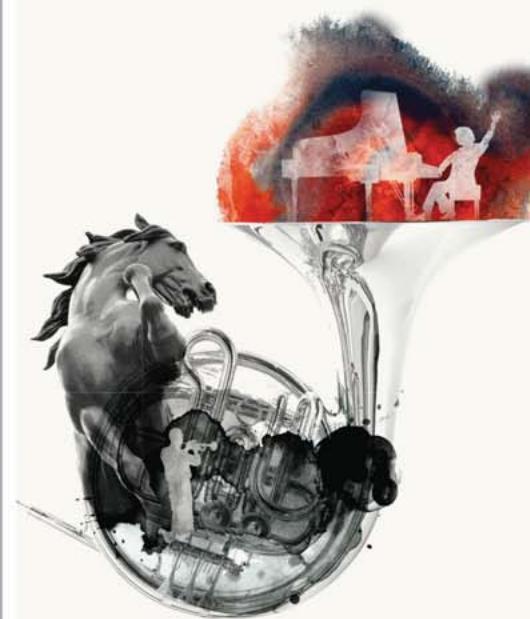
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MAHLER

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THEATRE

Mirror, mirror

A play that puts our 21st-century obsession with appearance under the microscope.

by ELSPETH SANDYS

The work of German playwright Marius von Mayenborg has been variously described as "radical" and "cutting edge" but also "old-fashioned". So what drew Giles Burton – who will direct von Mayenborg's black comedy *The Ugly One* this month at Wellington's Circa Theatre – to the play?

Burton, who has worked in fringe theatre in Edinburgh and Prague, doesn't have a special interest in German theatre, but saw the play at London's Royal Court some years ago and has wanted to direct it ever since. "It's a play that really grabs you," he says. Burton is interested in how theatre is different to other art forms, so he likes plays that can't be made in other mediums. "You couldn't make a TV version of *The Ugly One*."

"Unorthodox" aptly describes von Mayenborg's approach to writing plays. *The Ugly One*, in which four actors take on seven parts with no costume or make-up changes and few stage directions, is a case in point. But when it comes to what drives the action, the word no longer applies. "I still believe in story and I still believe in character," von Mayenborg has said, hence the accolade "old-fashioned". Whereas other German (and indeed European) playwrights are producing poetic or political dramas loosely described as "post-dramatic", Berlin-based von Mayenborg insists on staying within the Shakespearean tradition – he has translated and

Burton likes plays that can't be made in other mediums. "You couldn't make a TV version."



Giles Burton: "It's a play that really grabs you."

directed several of Shakespeare's plays – telling stories through character.

As for being "cutting edge", von Mayenborg's oeuvre bears witness to this. *Firebase*, the play that catapulted him onto the international stage in the late 90s, takes as its starting point an incestuous relationship between a brother and sister, using it as a metaphor for the fears of a generation growing up in 21st-century Europe. *The Stone* is a complex, non-linear examination of German-Jewish history, and *The Ugly One*, which Burton insists is laugh-out-loud funny, riffs on our modern obsession with appearance and its impact on identity. The "hero" of the play, Lette, undergoes plastic surgery to escape the curse of ugliness, changing not only the way he looks but also who he is.

The challenges Burton faces are not the usual ones of interpretation or drawing out hidden meanings from the "quite wordy" text – the meanings are there for all to see. But having four actors (Christopher Brougham, Lyndee-Jane Rutherford, Paul Waggett and Todd Rippon) quickly swapping between seven parts often leaves the audience "half a beat behind". It's funny and dynamic, says Burton. Audiences should be excited by what's on stage, and *The Ugly One* "definitely does do that". ■

The *Ugly One* runs at Wellington's Circa Theatre from July 11 to August 8.

ART

History's here and now

An imaginative exhibition honours a pioneering Whanganui woman.

by JILL TREVELYAN

In 2012, when Alexis Neal arrived in Whanganui for the Tylee Cottage residency, she had a clear idea of her direction. A printmaker by training, she had developed a rich interdisciplinary practice over 20 years, combining print with Maori weaving and installation to explore issues of identity, history and memory. In Whanganui she hoped to develop a new body of work, inspired by Maori taonga, that would complement and honour the original pieces.

Neal's idea had a long gestation. Visiting the British Museum as a young artist in the 1990s, she was shocked to see taonga stripped of their context, "sitting behind glass, suffocating". As an alternative, she imagined creating a contemporary whata – a special storehouse for displaying the personal belongings of a chief. In *Whenua ki te Whenua*, at Whanganui's Sarjeant Gallery, she has realised that aim in a moving tribute to Pura Te Manihera McGregor (1855-1920), a pioneering Whanganui woman.

The catalyst was Neal's discovery of the taonga that McGregor bequeathed to the Whanganui Regional Museum, "pieces that had touched her body and held her human spirit ... speaking of war, people, history and achievement". She learned that McGregor had been a "wahine toa" (warrior woman) who had accompanied her people during the Land Wars, leading the haka before battle. Later she married a Scotsman, and the couple committed themselves to both cultures: he became fluent in te reo and managed Maori-owned farms; she emerged as a



community leader and was the first Maori woman to be awarded an OBE.

Because McGregor lived in both Maori and Pakeha worlds, Neal chose to combine European materials and customary Maori techniques to honour her. A set of whariki (printed and woven paper panels) represent her Whanganui contemporaries, and also recall the tukutuku (panelling) in the museum, where her taonga are usually housed. A series of small lithographs, printed on tea-stained paper to recall 19th-century cartes de visite, combine images of the local landscape and quotations to suggest McGregor's physical and spiritual world. These and other works provide a sympathetic context for her taonga, displayed in the centre of the gallery.

At the opening, surrounded by McGregor's descendants, Neal spoke about the challenges of the project: "I had to learn so much to do this exhibition." That learning included technical skills as well as historical research. She taught herself whatu aho rua (two-pair weft twining) to weave a cream woollen cloak and kete for McGregor – works that recall the cultural cross-fertilisation of the 19th century, when Maori weavers

Alexis Neal's "huia beak" necklace *Marereko* and, above, other pieces from the exhibition.



McGregor had been a "wahine toa" (warrior woman), leading the haka before battle.

adopted new materials to create tags and fringes for cloaks.

Perhaps the most extraordinary work in the exhibition is a necklace entitled *Marereko*, which at first glance appears to feature bird beaks. Reading the label reveals that the huia beaks have been carved from deer antler and that this is not a historical piece but a contemporary

work. Neal collaborated with carver Derek Murphy, who cut and polished the bone to achieve a startlingly convincing effect. Neal sees *Marereko* as a tribute to McGregor's bloodlines, the long curved beaks of the female huia taking precedence over the smaller male beak that serves as a clasp at the back. Only chiefs of great distinction were associated with the sacred huia, and this is Neal's ultimate compliment to her subject and muse.

Whenua ki te Whenua is an ambitious and imaginative exhibition, an intimate homage to a remarkable Maori woman. It insists on the continuum between past and present, merging the boundaries between taonga and contemporary art and challenging the way we view historical artefacts. Above all, it is a reminder of the value of residencies such as Tylee Cottage, and the power of contemporary artists to help us see our history afresh. ■

Whenua ki te Whenua is on display at Whanganui's Sarjeant Gallery until August 23. Jill Trevelyan is a curator and writer who specialises in 20th-century New Zealand art.

FOLK

Reeling in the centuries

New releases bring life to ancient, traditional and improvised folk tunes.

by IAN DANDO

Jordi Savall's vitality never ceases to amaze. He brings instruments of antiquity and their music to life as though all were discovered yesterday. Savall delves into the riches of 13th-century Espèria in north-west Iberia for

percussion instruments and bowed ones such as the rebec and vielle. Christian, Jewish and Arabo-Andalusian influences widen the stylistic variety.

There's a sinister start to track 13 and the sixth has multi-metric changes and gradual accelerating that drives the momentum from sedate moderato to an exciting allegro. Gypsy verbunkos dances appear in two tracks. Percussive variety from Pedro Estevan and David Mayoral adds much colour to Savall's bowing. All pieces are modal rather than by key. In that pre-harmonic era, melody with drones was the norm.

Says Savall: "Without music there is no hope, no dreams of love, or happiness or peace in our hearts." Remove the "nos" and "ors" and that's precisely what Savall gives us. This is a strong buy for early folk

music lovers.

LIRA D'ESPÉRIA II, Jordi Savall, Pedro Estevan and David Mayoral (Alia Vox/Ode)

As a professional concerto player, violinist Nicola Benedetti is ideal. Her recording notes and passionate playing show she is in love with everything she selects. Despite its four-movement symphonic length, Max Bruch's *Scottish Fantasy* reeks of Scottish music. It's the perfect showcase of Benedetti's concerto expertise with the BBC Scottish Symphony Orchestra.

In the rousing *Bonnie Banks of Loch Lomond*, the two "bonnies" are trochaic Scottish snaps. Got it? Now we're really into folk music, with 10 tracks starting with Robbie Burns' three tunes (yes, *Auld Lang Syne Variations* is there) and *Banks Hornpipe*.

Mouth Music is a port à buel, a traditional Scottish Gaelic song. It's not nearly

"Without music there is no hope, no dreams of love, or happiness or peace in our hearts."

as well known as it should be. Tunes are light-hearted, dance-like, often bawdy and accompanied by a folk combo. Benedetti sings in fluent Gaelic, then adds her violin for the latter half. A booklet of 28 pages with lyrics and colour pictures adds sheen to a splendid folkloric issue.

HOMECOMING: A SCOTTISH FANTASY, Nicola Benedetti (Decca)

In a *Listener* interview two years ago, Jordi Savall said Western classical music's arrogant obsession with written notation had almost stifled the art of improvisation. His son Ferran describes ideal improvisation as when "reason and self-censorship give way to impulse and intuition". Brilliant. However, the absence of key changes, uniform andantino speeds and limited tone colour give a sameness to the 14 items included here. But give him time to apply his credo to wider practical resource and he will become a splendid improviser.

IMPRO, Ferran Savall (Alia Vox)



Nicola Benedetti:
in love with what
she selects to play.

MUSIC

by James Belfield

Dream team

Franz Ferdinand join Sparks in a high-camp collaboration that's damned good fun.

Losing yourself in music is just so old, man. Leave those wiggled-out instrumental solos to the patchouli posse and the deep house grooves to the sub-bass mariners – because artists are painting their names in neon 10 storeys high and chanting "I.A.M.I.A.M.I.A.M". And we must pay attention.

The high-camp collaboration of art Scot-rockers Franz Ferdinand and 70s glam-operatic Californi-freak brothers Sparks is so self-referential that it even contains a grandiose epic called *Collaborations Don't Work*, which rivals Queen's *Bohemian Rhapsody* for its tongue-in-cheek pomposity.

Elsewhere, the arch-rivals list *Things I Won't Get* (from the Pulitzer Prize and a Bentley to Schoenberg), ask listeners to *Save Me from Myself* and sign off with

a collective raised eyebrow while urging everyone to *Piss Off* ("and leave you alone in your world tonight").

But as well as being clever, it's also damned good fun. Which isn't surprising from Franz Ferdinand, who prided themselves on writing indie to get blokes on the dance floor; and from Sparks, who created Abba-on-acid dance-along *This Town Ain't Big Enough for Both of Us* and even synth-dissed the Smiths with *Lighten Up* Morrissey.

Right from the get-go, *Johnny Delusional* and *Call Girl* subvert the traditional pop themes of unrequited love and waiting by the phone by introducing hints of stalking and prostitution – all while busting out disco rhythms and the sort of clipped, postured delivery that recalls Devo or Pulp. By the time you're singing along to songs about



Arch-rivals: Franz Ferdinand and Sparks.

Middle's Eastern despots (*Dictator's Son*), Sartre-reading sociopaths (*Little Guy from the Suburbs*) and trysts with Harlem cops' wives (*Police Encounters*), you're wondering why these guys didn't team up years ago. ■

FFS, FFS (Domino/EMI) ★★★★

Short cuts

You don't get much more self-referential than former Rolling Stones bassist Bill Wyman's *Je Suis un Rock Star* from 1981. And now, bizarrely for a man who sells metal detectors and hasn't had a solo outing for more than 20 years, the 78-year-old former Rolling Stone is back with an album of quirky, shuffling blues that harks back to his cockney franglais on *Rock Star*.

That track was originally written for Ian Dury and there's a fair amount of Blockheads about *Back to Basics*, with Wyman's suvern song-speak delivering a dose of wink, wink, nudge, nudge in the lyrics. Opener *What & How & If & When & Why* sounds like an outtake from *Lock, Stock and Two Smoking Barrels*, and *Stuff (Can't Get Enough)* reveals a man who really knows about excess. Seventeen first appeared next to *Rock Star* on Wyman's eponymous 80s album



and, 26 years after his headline-grabbing marriage to teenager Mandy Smith, still offers a window into his world.

BACK TO BASICS, Bill Wyman
(Southbound) ★★★★

Pitting Icelandic five-piece Of Monsters and Men against the artistry and experience of FFS and Wyman may be unfair, but their second outing promised epic festival fodder that would get *Beneath the Skin* to reveal more of the band's personality. Unfortunately, we learn nothing from the earnest millennial emotion-



dump of lyrics like "In despite of all my fears, I can see it all so clear" (from opener *Crystals*) and "Eat me like a cannibal, chase the neon throne, breathe in, breathe out, let the human in" (from *Human*).

Instead they feed us teen *Game of Thrones* and *Hunger Games* fantasies – and, yes, at that they succeed pretty well. But *Beneath the Skin* lacks both the humour of FFS and Wyman's genuine storytelling skill, preferring to defer lyricism to soaring, stirring tunes and become thoroughly lost in the music.

BENEATH THE SKIN, Of Monsters and Men (Republic)
★★★

Of Monsters and Men's Nanna Bryndis Hilmarsdottir.



GETTY IMAGES, DAVID EDWARDS

FILM

by Helene Wong

Good vibrations

A skilful sketch of the exploited genius who is Brian Wilson.

LOVE & MERCY

directed by Bill Pohlad

It's 1965 and Brian Wilson has declined to tour Japan with the Beach Boys. He wants to get off the beach and into the studio to work on the new sounds in his head for their next album. It opens a crack in their relationship, perhaps reflecting the drug-assisted fissure in his own grip on reality.

Now it's 1985 and he's mired in medication and paranoia. Somewhere in those 20 years, he has acquired Dr Eugene Landy as his full-time, live-in therapist and a posse of bodyguards watching him as much as they're watching others. A chance encounter with a car saleswoman, Melinda (Elizabeth Banks), is the gentle



Love & Mercy: a tender, compassionate portrayal.

catalyst for getting him out.

Love & Mercy toggles between these periods, so it's not a biopic. It doesn't waste time on exposition but expects you to pick it up from montage, period visuals, snatches of dialogue, subtext and the way

people treat each other. It's surprisingly easy.

It's not even about the music, in the sense of catering to nostalgia with staged concert footage or full renditions of favourite tracks, but about its creation

Drop zone

A fainting epidemic breaks out at an all-girls school.

THE FALLING

directed by Carol Morley

Anyone who went to a girls' school in the 60s will feel a frisson of recognition: intimidating older mistress; nervously sympathetic younger one, intense relationships, hem lengths (here, shock-horror, only two inches above the knee). It's an ideal setting for a story of mass hysteria, to which



The Falling: aims high.



Each in his own way captures Wilson's obsessiveness and slightly bewildered sweetness.

— bursts of sound and studio moments from Wilson's point of view as he listens, conducts, follows his impulses. It's a sketch of the artist pursuing the desire to experiment and grow, complicated by the resistance of others to change — or

to sacrifice commerce for art — and the turmoil in his mind.

Bill Pohlad, who's built his career producing (*12 Years a Slave*, *Into the Wild*), treats that turmoil with care, neither minimising nor analysing but simply letting us see it. And, especially, hear it. Atticus Ross, credited with the music, designs soundscapes that capture not only the creative process but also the painful competition of sounds and voices in Wilson's head, without exaggerating for effect.

Paul Dano and John Cusack bear minimal resemblance to the real Wilson, but each in his own way captures Wilson's obsessiveness and slightly bewildered sweetness, again without overplaying it. There's a lovely tenderness between Cusack and Banks (whose wardrobe startles and delights at each appearance), but Paul Giamatti's interpretation of the uber-dodgy Landy borders on risible, courtesy of a truly frightening — and inaccurate — wig. The Beach Boys themselves are reduced to either broad characterisations or spear carriers; the abusive father is likewise functional.

What comes through, though, is the film's compassion for a celebrated and exploited genius, and when he suddenly appears in the end credits, it's extraordinarily moving. ★★★★

OPENS JUNE 25

young women living in close proximity are apparently rather susceptible.

It manifests here as fainting, triggered by 16-year-old Abbie. She's the type whose appearance and forwardness make her the admired centre of attention. The film's protagonist, though, is her BFF Lydia (*Game of Thrones'* Maisie Williams), whose distant, preoccupied hairdresser mother (Maxine Peake) might even be a reason for her fixation with Abbie.

Abbie faints because she's pregnant, but that doesn't stop girls dropping everywhere. The teachers affect to ignore it, until its escalation forces action. Meanwhile, Lydia glowers and mopes about at home, at school and down by the river.

The river is where director Carol Morley takes us whenever she wants to imply the mysterious and surreal quality of whatever's going on psychologically with the girls. Dead leaves on the ground, glimpses

of sky through gnarled branches, light-reflecting ripples on the water. We get it ... and then we keep being given it, which would be fine if it didn't play so often as isolated imagery.

Morley, who's made highly personal art films, aims high: she wants to express the hysteria as something beautiful and ineffable. But she's let herself down with her ending — a revelation designed to shock, but cursory writing and direction make it come across prosaic beside the lyricism elsewhere. It feels anticlimactic and clumsy.

Atmospherically, it evokes *Picnic at Hanging Rock*; storywise, there's unacknowledged influence from *The Crucible* — sexually sophisticated Abbie echoes Abigail — but ultimately too many ideas, superficially explored, fail to cohere into a strong central theme. ★★

OPENS JULY 2



Minions

Now showing

Minions

The origin story of the mad, bad, lovable yellow critters. Set in swinging-60s London to a great soundtrack, it's not a laugh a minute but will keep the kids happy. [HW] ★★

Far From the Madding Crowd

Carey Mulligan is a hill-striding feminist vision as she contemplates her conjugal future in this update of Thomas Hardy's classic. [Mark Broatch] ★★★★

Inside Out

Seeing young Riley's developing emotions in day-glo animation is sophisticated fun, but check the trailer carefully to see if your child will be bored or panic-stricken rather than delighted. [MB] ★★★★

Man Up

Standard Brit romcom bumpily told, redeemed by Lake Bell's fine British accent and chemistry with a scrubbed-up Simon Pegg. [HW] ★★

5 Flights Up

Diane Keaton and Morgan Freeman wrestle with Third Age issues. Comfortably and humorously real, but lacks dramatic shape and drive. [HW] ★★

Living is Easy with Eyes Closed [HW]

★★★

Marshland [MB] ★★★★

Entourage [HW] ★★★

San Andreas [MB] ★★

Tangerines [HW] ★★★★★

Tomorrowland [HW] ★★★★

Gemma Bovery [HW] ★★

Mad Max: Fury Road [HW] ★★★★★

Spy [HW] ★★★★

Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing).



VERONICA SCHMIDT

You again

That Ashton Kutcher never can say goodbye.

Apparently, Ashton Kutcher isn't one to leave the past behind. The actor first found fame in 1998 on *That '70s Show*. Seventeen years on, he has married his love interest from the series, Mila Kunis, and is about to team up with their co-star Danny Masterson for a new Netflix series. The pair will star in *The Ranch*, a comedy about two siblings, which is interesting as Kutcher has just finished up on *Two and a Half Men* – a comedy about two siblings. As we said, he's definitely not one for moving on.

► If Matthew McConaughey's career were a car, it would be the boy-racer type that speeds, skids off-road, then executes a sweeping U-turn. The actor made his name playing alternately languid and



sizzling characters in films including *Dazed and Confused* and *A Time to Kill*, before plummeting into a long, dark period of vapid romcoms. His recent comeback has seen him star in some unforgettable flicks, among them *Dallas*

Buyer's Club. So where has McConaughey decided to steer his career next? Right into a massive U-turn, of course. He's signed on to a yet-to-be-named animated film by

Illumination Entertainment, in which he will play a koala.

► Who knew that twerking, tattooed, wrecking-ball rider Miley Cyrus had an old-fashioned streak? Taking the stage to speak at an Aids charity gala in New York, the singer looked at the teleprompters and said, "They are weird and make you kind of look like you're spacing out, which I already look like I'm doing. I'm going to hold my paper, which I trust."

► Comedians hit the mother lode when Donald Trump announced he was running for president, but none were more pleased than Jon Stewart. Seeing out his final weeks on *The Daily Show*, the host



From left: Matthew McConaughey, Ashton Kutcher, Miley Cyrus, Helen Mirren and Mila Kunis, Cate Blanchett, Maggie Gyllenhaal, Florence Welch.



said it was like Trump had put him "in some kind of comedy hospice where all I'm getting is just straight morphine".

Only at Disney could a swathe of job cuts have a happy ending. The Disney ABC Television Group announced it was wiping out 35 app developers' jobs in New York and California, then reversed its decision two weeks later. Cue soaring Elton John-esque music and small woodland animals frolicking.

This year, Patricia Arquette, Cate Blanchett and a host of other female stars have made statements challenging sexism in Hollywood, but Helen Mirren has really cut to the chase. Asked what

she thought of the news that Maggie Gyllenhaal was turned down for a part as she was "too old" to play the love interest of an actor 18 years her senior, Mirren said, "It's f---ing outrageous. It's ridiculous. And 'twas ever thus. We all watched James Bond as he got more and more geriatric and his girlfriends got younger and younger. It's so annoying."

Glastonbury festivalgoers missed out on more than just the Foo Fighters when frontman Dave Grohl broke his leg and cancelled their headlining performance. The band, who were replaced by Florence and the Machine, had also been planning have Paul McCartney and Kanye West join them on stage. ■

TOP 10 BESTSELLERS, INDEPENDENT BOOKSTORES

- 1 **CHAPPY**, by Patricia Grace (Penguin, \$38)
- 2 **THE INVISIBLE MILE**, by David Coventry (Victoria University Press, \$30)
- 3 **A GOD IN RUINS**, by Kate Atkinson (Doubleday, \$37.99)
- 4 **THE MINDFULNESS COLOURING BOOK: ANTI-STRESS ART THERAPY FOR BUSY PEOPLE**, by Emma Farrarons (Boxtree, \$19.99)
- 5 **BEING MORTAL: ILLNESS, MEDICINE AND WHAT MATTERS IN THE END**, by Atul Gawande (Profile, \$35)
- 6 **GENERATION RENT: RETHINKING NEW ZEALAND'S PRIORITIES**, by Shamubeel Eaqub and Selena Eaqub (Bridget Williams, \$14.99)
- 7 **ALL THE LIGHT WE CANNOT SEE**, by Anthony Doerr (Fourth Estate, \$34.99)
- 8 **RUTH, ROGER AND ME: DEBTS AND LEGACIES**, by Andrew Dean (Bridget Williams, \$14.99)
- 9 **THE LITTLE PARIS BOOKSHOP**, by Nina George (Abacus, \$34.99)
- 10 **THE GIRL ON THE TRAIN**, by Paula Hawkins (Doubleday, \$36.99)

TOP 10 FILMS

- 1 **JURASSIC WORLD**
- 2 **INSIDE OUT**
- 3 **MAN UP**
- 4 **SPY**
- 5 **SAN ANDREAS**
- 6 **MAD MAX: FURY ROAD**
- 7 **NOBLE**
- 8 **HOT PURSUIT**
- 9 **ABCD 2**
- 10 **5 FLIGHTS UP**

Hot Pursuit's Reese Witherspoon, left, and Sofia Vergara.



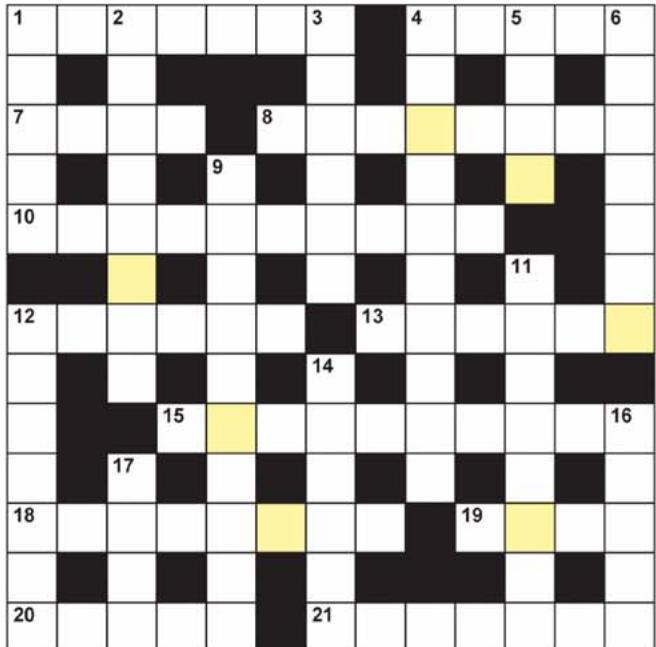
DIVERSIONS

QUIWORD by Alan Shuker

Puzzle No 1322

Clues across

- Eric Clapton founded Crossroads, a drug and alcohol addiction rehabilitation centre on which of the Leeward Islands? (7)
- What is the most powerful piece in the game of chess? (5)
- Italian company Beretta has been making what since 1526? (4)
- What is the earliest period of the Mesozoic era? (8)
- What did Vincent van Gogh paint to brighten his house for the visit of his friend Paul Gauguin? (10)
- In a rhyme, who lost her sheep? (2-4)
- What is the medieval Latin name for England? (6)
- Who directed the 1980 film *The Elephant Man*? (5,5)
- Bratislava is the capital city of which country? (8)
- Which brothers Tim and Neil were awarded the OBE in 1993 for their services to music? (4)
- Which large Madagascan lemur is also called the babakoto? (5)
- In Shakespeare's *The Tempest*, Sycorax and Prospero are skilled in what? (7)



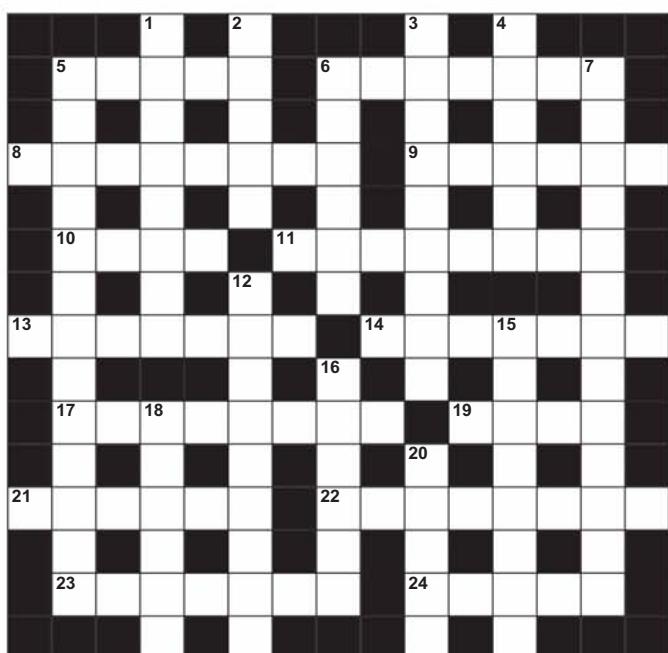
Arrange the letters in the coloured squares into the name of a New Zealand town (7). Last week's solution: Ralph Hotere.

Solution 1321 Across: 1 Fifth Avenue, 8 Rorqual, 9 Pania, 10 Sash, 11 Earache, 12 Fez, 13 Ugli, 15 Tess, 17 Ute, 19 Dentist, 20/23 Tony Blair, 24 Auction, 25 Fleet Street.

Down: 1/2 Forest Fires, 3 Haul, 4 Valdez, 5 Nephrite, 6 Eunuchs, 7 Flares, 12 Filigree, 14 Gandalf, 16 Edible, 17 U Thant, 18 Cygnet, 21 Olive, 22 Scut.

CROSSWORD by David Tossman

Puzzle No 931



NORTH
 ♠ 8 6
 ♥ Q 9 4
 ♦ K 5 4
 ♣ A K 9 6 5

WEST
 ♠ K Q J 10 9 4
 ♥ J 6
 ♦ 10 8 7
 ♣ 7 2

EAST
 ♠ 5 2
 ♥ 10 8 2
 ♦ A Q J 3
 ♣ J 10 8 3

SOUTH
 ♠ A 7 3
 ♥ A K 7 5 3
 ♦ 9 6 2
 ♣ Q 4

Love all, dealer South

West	North	East	South
-	-	-	1H
2S	3C	Pass	3H
Pass	4H	All Pass	

West's overcall of 2S was a weak jump overcall, a method that has a wide following in duplicate bridge. How would you play the heart game when West leads the king of spades?

It's a simple enough hand but, as always, you need to make a plan right at the start. You should aim to score five trumps, four clubs and the ace of spades. You will need to ruff the clubs good if they divide

4-2, which is the most likely break. After establishing the clubs, you will have to "draw trumps, ending in the dummy". It follows that you should not aim to take a spade ruff (even if West had not bid, thereby alerting you to the risk of an overruff by East).

How does the play go? You win the spade lead and draw just two rounds of trumps with the ace and king. You then play the queen and ace of clubs and ruff a club in the South hand. This would cost you an overtrick if clubs happened to break 3-3. It is in a good cause, though, because you give yourself an extra chance when clubs break 4-2.

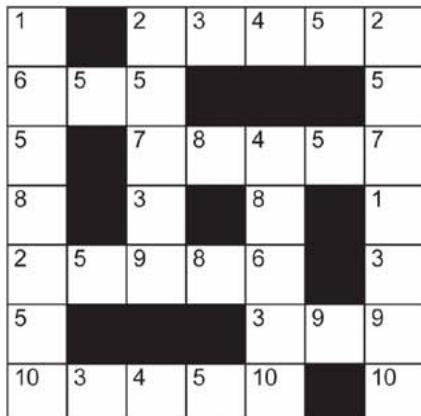
Here West is out of clubs but cannot overruff. You return to dummy with a trump to the queen and score two more club tricks. It's the sort of deal where an inexperienced player might start by drawing trumps. After that start you would make the contract only if clubs broke 3-3 or the ace of diamonds was with West.

BIDDING QUIZ

WEST	West	North	East	South
♠ K Q 2	-	-	1H	Dble
♥ 9 3	Rdbl	1S	2H	Pass
♦ Q 9 7 6	?			
♣ A 8 6 3				

What will you say now on these West cards? (Answer on page 64)

TAKE 5 by Simon Shuker



No.1086

Enter the letter given, then solve.

4 = V

Solution 1085



András Adorján vs Predrag Ostožić, Olot, 1974

It is rare for a move that makes your opponent resign to be capable of improvement, but that is what occurred here. The black king is a sitting duck in mid-board, and after White's choice of 1 Nf3+, Black surrendered in view of Kf6 2 Nd2+ winning the c4 rook. But Hungarian grandmaster Adorjan could instead have forced checkmate in three white moves, with Black's replies during this sequence all forced. Can you spot what the world title candidate missed?

(Answer on page 64)

Wordsworth

by Michael Collins

More words for a New Zealand

Christmas carol. From Huntington's Hugh Barr: "Hark," the retailers all sing,/ As the tills all gaily ring./Christmas can be just fantastic/When you put it on the plastic./Render to Caesar what is Caesar's/On the Amex or your Visas./You can all be of good cheer,/You don't have to pay until next year./Let the Christmas spirits flow:/Whisky, beer and cheap bordeaux.

But the winner is Mt Victoria's John Smythe with *Deck the Porch with Pohutukawa* (to the tune of *Deck the Halls*):

Deck the porch with pohutukawa.
(Come and have a barbecue and bring your togs.)/Bring a sav or pav or paua.
(Come and have a barbecue and bring your togs.)/Bring your kids and bring your granddad./
(Come and have a barbecue and bring your togs.)/Bring the cricket on your iPad./
(Come and have a barbecue and bring your togs.)

We'll provide the punch with no booze./
(All the more the merrier and bring your dogs.)/Uncle Bob will bring his home brews./
(All the more the merrier and bring your dogs.)/Course these days we must advise ya,/
(All the more the merrier and bring your dogs.)/Don't forget the breathalyser./
(All the more the merrier and bring your dogs.)

Yanks and Pommies think it's funny:
(Come and have a barbecue and bring your togs.)/Christmas when it's hot and sunny.
(Come and have a barbecue and bring your togs.)/Mind you now you've all come on round.
(Come and have a barbecue and bring your togs.)/Ten to one she's gunna hose down.
(Didn't we say to bring your togs?)

For the next competition, write the words for an anthem for a New Zealand region. Entries, for the prize below, close noon, Thursday, July 9.

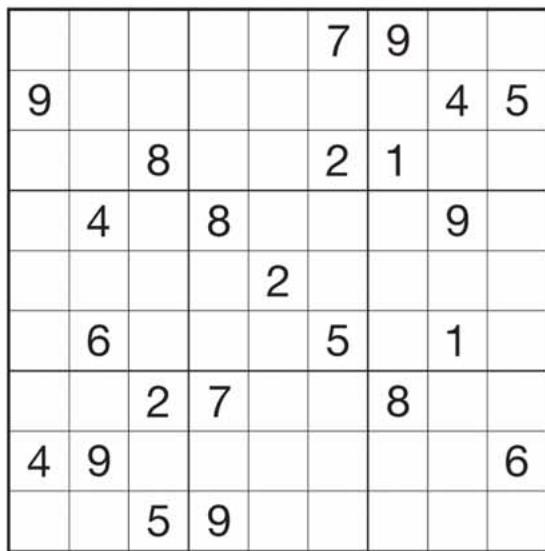
Submissions to wordsword@listener.co.nz or Wordsworth, NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141. Please include your address.

This week's prize

When a renowned linguistics professor receives a diagnosis of early-onset Alzheimer's, she and her family face a struggle that is frightening, heartbreaking and inspiring.

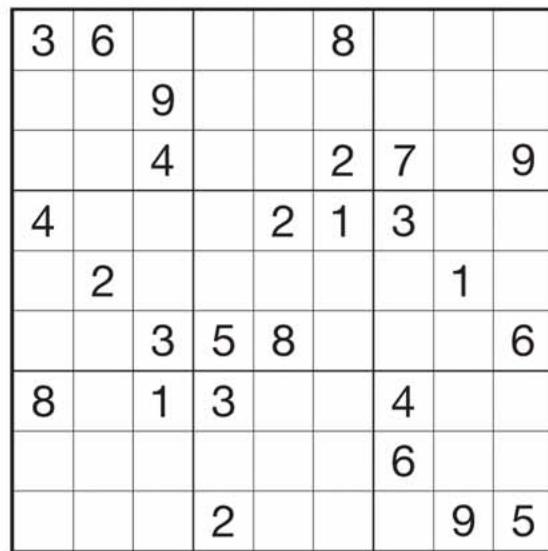


su | do | ku



499

MEDIUM



310

HARD

3	2	7	5	4	1	6	8	9
5	8	6	9	2	7	4	1	3
9	1	4	8	3	6	5	2	7
1	4	8	6	9	3	2	7	5
2	9	3	4	7	5	8	6	1
7	6	5	1	8	2	9	3	4
6	7	1	2	5	9	3	4	8
8	3	9	7	6	4	1	5	2
4	5	2	3	1	8	7	9	6

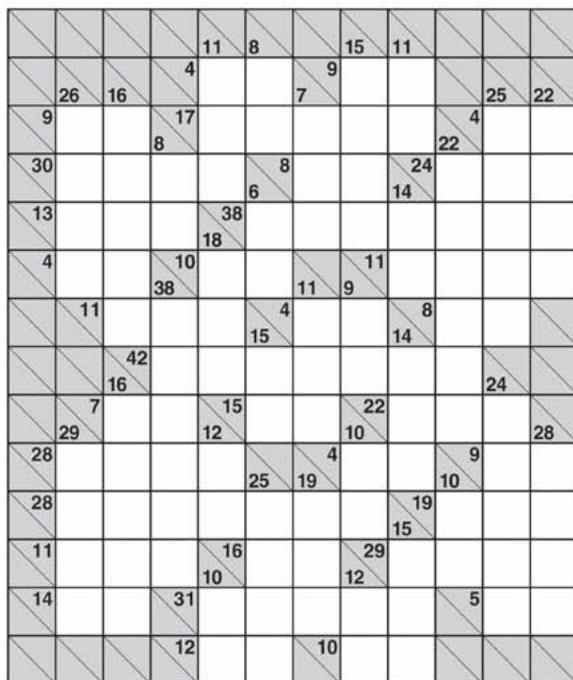
LAST WEEK'S
SOLUTION

7	9	3	5	2	1	6	8	4
8	5	2	6	9	4	7	3	1
6	4	1	3	8	7	5	9	2
5	2	4	7	3	9	8	1	6
9	1	8	2	6	5	3	4	7
3	7	6	4	1	8	9	2	5
1	3	7	9	4	6	2	5	8
4	6	9	8	5	2	1	7	3
2	8	5	1	7	3	4	6	9

LAST WEEK'S
SOLUTION

KAKURO

473



- 1 Place a number from 1 to 9 in each empty box.
2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
3. Numbers may be used only once in each block.

LAST WEEK'S SOLUTION

7	9	5	1	9	6	8
3	5	7	8	6	9	7
1	3	4	2	8	9	6
2	7				4	7
8	9	1	2	7	1	5
3	5		1	2	3	4
1	3		1	2	7	7
2	4		8	4	6	9
1	2	3		1	9	5
7	9			5	1	
1	3	6		9	5	6
5	4	9	7	7	1	3
2	8	9		4	8	3

© Reuben's Puzzles

BRIDGE BIDDING QUIZ SOLUTION

When your partner bids 2H immediately, not giving you a chance to double North's bid, he is announcing a shapely hand with a minimum point-count. With a stronger hand including six hearts he would pass initially, planning to remove a double of 1S to 2H. So, you should pass now.
Awards: Pass – 10, 2NT – 6, 3H – 4.

CHESS SOLUTION

1 Qh2+ Kxd4 2 Qxd6+ Ke3 3 Qd2 mate.

10 QUICK QUESTIONS ANSWERS

1. Silver.
2. Yellow.
3. Kinetic sculpture.
4. *Carousel*, which is by Rodgers and Hammerstein.
5. *The General*, which stars Buster Keaton.
6. Forgotten World Highway.
7. Potato.
8. Bahrain.
9. Sow thistle.
10. True. Small amounts of ethanol can be produced in the digestive system.

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That's Entertainment

Married to mystery



Just when he thought life had finally become less murdery, Jonathan Creek stumbles into trouble.

by entertainment editor FIONA RAE

They might be conveniently timed to coincide with Alan Davies' comedy tour of New Zealand, but new episodes of *Jonathan Creek* (Vibe, Sky 006, Monday, 9.30pm) are always to be welcomed, no matter what the venal commercial reasons.

The series has had a sporadic history, including a five-year gap from 2004. Jonathan has been a creative consultant to one magician (played by two actors) and had three sidekicks, played by Caroline Quentin, Julia Sawalha and Sheridan Smith. There's no sidekick for season five, however, no will-they-won't-they sexual tension. Jonathan is now married to Polly (Sarah Alexander) and is putting that whole messy, disturbing investigating of mysteries and gruesome murders behind him. There's no mention of what he's actually doing with his time nowadays, although Polly seems to be in PR. Or perhaps marketing.

But where Jonathan goes, trouble follows, and he's soon

drawn into a locked-room stabbing of the star of a West End musical, itself a locked-room story called *The Mystery of the Yellow Room*. In addition, he and Polly stumble across a mystery in the wake of her father's death, which gives the episode its title, *The Letters of Septimus Noone*.

Writer David Renwick is also known for comedy series *One Foot in the Grave*, and he has quite a bit of fun in this episode. The musical is like bad Andrew Lloyd Webber; he foists on Jonathan a young apprentice who looks like David Tennant but thinks he's Benedict Cumberbatch; he gives Polly a loopy friend who wants to hold a seance; and he throws in a truly terrible child. During filming, Davies was forced onto a pony, despite admitting in an online interview that he's "mortally afraid" of horses. Seeing him wearing a large riding helmet while straddling a small horse is worth it, however.

Throughout, Davies as Jonathan is remarkably quiet. He might be the most



relaxed television sleuth ever. He's fairly content to let the fools around him lose their heads while he googles clues, contemplatively eats oranges

and connects tiny details. Although Polly complains that she wonders what she married – "Free admission for life to the Twilight Zone?" – even

TELEVISION

Kiwi Living
A local lifestyle show that's really got it covered

69



ONLINE

Taking on trolls
John Oliver has something to say about bullies

69



MOVIES

Whiplash
A young drummer is pushed to succeed – and breaking point

70



Jonathan Creek,
Monday.

she is coming around by the end, solving another little mystery for herself. "Some of that lateral thinking must be rubbing off." ■

Television

by FIONA RAE

The Best of the Week



Grayson's Great Design, Saturday.

SATURDAY JULY 4

Marae DIY (TV3, 1.55pm).

Maori Television didn't want it any more, according to *Waatea News*, so the make-over show has a new home on TV3. *Marae DIY* is one of the most heart-warming do-up shows ever, breathing new life into community assets that will benefit several generations. There's also a bit of history thrown in, along with the DIY tips.

The Great British Food Revival

(Prime, 6.30pm). This series, in which a variety of British chefs (is there a collective noun for chefs? A pureé? A reduction? A stew?) champion homegrown produce, is four years old, which explains

the presence in the first episode of the always entertaining Clarissa Dickson Wright, one of the Two Fat Ladies, who died in 2014. Her cause is British garlic, and she proves its long connection to British cuisine by cooking a

meal first served at the court of Richard II. Meanwhile, Michel Roux Jr is on the case of heritage pears and one of the dishes he creates is a pear soufflé. Very British.

Grayson's Great Design (Sky Arts, Sky 027, 8.30pm). He had

tapestries woven depicting working-class, middle-class and upper-class ideas of taste in the Bafta-winning series *All in the Best Possible Taste*, and here, artist Grayson Perry builds a secular chapel for a fictional Essex everywoman named Julie Cope.

The result is something like a small Russian church, with beautiful relief tiles, symbols and figures in silver and a shining brass roof. It's called *A House for Essex* and the interior is full of Perry artworks, too, including tapestries depicting Julie's life. The house took three years

Good for a Laugh!
Wipeout, TV2, Saturday, 6.00pm



Elementary, Sunday.

to build, and at the end, Perry takes a group of Essex women, all called Julie, on a tour. "This is about ordinary lives and being aware of what matters, celebrating our relationships and our connections with people – who we come home to watch telly in the evening with, who we love. This is a temple to that," he says.

The Young Farmer Contest 2015

(TV1, 10.30pm). Back in the day, it was ploughing a field in straight lines; nowadays, there's a technical exam, an employment interview, a business presentation and "agri-skills". Mark Leishman

presents the grand final of the Young Farmer Contest, in which seven regional finalists battle it out in Taupo. There are \$117,000 worth of prizes at stake.

SUNDAY JULY 5

Elementary (Prime, 9.30pm). It's a sad ending for season three of the Sherlock Holmes-inspired series: Holmes (Jonny Lee Miller) is once again on the precipice of succumbing to his drug addiction after his sponsor Alfredo is abducted and his heroin addict "friend" Oscar takes him on a journey to some very bad places. Silly *CSI: Cyber* comes to an end this

week too, just before *Elementary* at 8.35pm. Agent Avery (Patricia Arquette) confronts the hacker who released her patients' information online when she was a psychologist and it's also the departure of Peter MacNicol – this is to make way for Ted Danson, whose *CSI* character, DB Russell, is joining the cyber division.

MONDAY JULY 6

Tabatha Takes Over (TV2, 9.15pm). Who has the sharper tongue, Gordon Ramsay or Tabatha Coffey? Ramsay might be the swear-word king, but Aussie Coffey slices and dices with her words. Must be all

those years cutting hair for a living. She used to sort out struggling hair salons, but her mandate has widened in this series to any failing business. Tonight, it's a yogurt shop in Ventura, California, where everything is wrong, from the product to the staff.

Silent Soldiers (Maori, 9.30pm).

This week's *Pakipumeka Aotearoa* features engineer Te Kimiti Gilbert, who has been working on demining in Cambodia since 1993. The latest mine-clearance project in Cambodia is trialling, of all things, giant rats to sniff out the deadly devices. Apparently the African giant pouched rat is intelligent and trainable when bred in captivity, and it's being used all over the world in the detection of mines and tuberculosis. We're not making this up.

TUESDAY JULY 7

Grey's Anatomy (TV2, 9.45pm).

You probably heard that Patrick Dempsey is leaving *Grey's Anatomy*; you may even already know what happens to his character, Derek Shepherd. Fans, are you ready to see his exit in all its *Grey's* montage-with-a-song, emotionally wrenching glory? Order in the tissues – tonight's the night. The good news is that

Tabatha Takes Over, Monday.

Documentaries by FIONA RAE

Bullying on social media and the internet gets all the attention these days, but new local series **Bullies** (Prime, Tuesday, 8.30pm) is going to tackle bullying of all stripes over three episodes. Who bullies, who gets bullied and the effects of such repugnant behaviour will be examined with the help

of experts. The first episode focuses on the workplace and features the insights of psychologist Paul Wood and employment lawyer Andrew Scott-Howman.

Beyond the Edge (History, Sky 073, Saturday, 5.30pm) is Leanne Pooley's docudrama that was first released in 3D

in New Zealand cinemas. It's a beautifully put together movie, some of it filmed on Everest, that tells the story of Sir Edmund Hillary and Sherpa Tenzing Norgay's ascent of Mt Everest in 1953. Nelson actor Chad Moffitt plays Ed, Mt Cook resident Sonam Sherpa is Tenzing and Joshua Rutter and Dan Musgrave play expedition members George Lowe and Tom Bourdillon. Archive photos and film footage taken by Lowe in 1953 were cleaned up so they

*Beyond the Edge*, Saturday.

New Zealand actor Martin Henderson, who's been on Shonda Rhimes' radar since the short-lived *Off the Map*, is transferring to Seattle Grace for season 12; we'll have to wait to find out what his "Mc" title will be, although *Us Weekly* has suggested "McHunk".

WEDNESDAY JULY 8

Rugby (Sky Sport 1, Sky 051, 1.30pm and Prime, 6.00pm). A historic day for New Zealand and Samoan rugby: for the first time, Samoa play the All Blacks on their home soil in Apia. With a number of first-pick ABs unavailable due to



seamlessly blend with the new footage and recreations.

The dramatisations are much gorier in **Britain's Bloodiest Dynasty: The Plantagenets** (History, Sky 073, Tuesday, 7.30pm), a four-part series presented by historian Dan Jones that begins with Henry II, who ruled England and quite a bit else from 1154-89, and ends with Richard II, who was deposed in 1399. "These kings murdered, betrayed and tyrannised their way to

Super Rugby commitments, it should be an interesting match. Speaking of Super Rugby, the final is on Saturday (Sky Sport 1); with teams still to be decided, it could be 6.30pm in New Zealand or 9.30pm in Australia. If we're really lucky, it'll be a Hurricanes versus Highlanders home game.

THURSDAY JULY 9

Drunk History UK (Comedy Central, Sky 015, 9.45pm). The original US series was shockingly entertaining, but surely there's no one better at getting soused and talking rubbish than the Brits. It's a fairly simple set-up: a comedian gets drunk and explains a slice of history that's dramatised word for word. The series includes James Acaster on the Black Death, Tom Rosenthal on the Great Fire of London and Russell Kane on King Charles II. Jimmy Carr narrates.

FRIDAY JULY 10

Kiwi Living (TV1, 7.30pm). The new local show that appears to be a giant gumbo of every lifestyle show ever: travel with Matt Gibb, interior design with Erin Simpson, health and fitness with Lee-Anne Wann, fashion with Luke Bettesworth and gardening with Tony Murrell. Presenter and chef Michael Van de Elzen has food stories; his co-presenter, Miriama Kamo, covers everything else.

spectacular success," he says. "For better and for worse, the Plantagenets forged England as a nation."

It was out of this dynasty that the bloody Wars of the Roses emerged, a feud between two royal houses (York and Lancaster) and the inspiration for *Game of Thrones*. But the Plantagenet story is "more shocking, more brutal and more astonishing than anything you'll find in fiction", says Jones, despite its lack of dragons.

Online

by FIONA RAE

Catch of the Week



The Wars that Inspired Game of Thrones

WAR OF THRONES: *Game of Thrones* has come to its shocking season-five conclusion with another major character's death. Only two, possibly three, seasons left. It's known that author George RR Martin cribbed from the Wars of the Roses, but this TEDEd talk with cute animation illustrates the comparisons: tinyurl.com/NZLroses. *Thrones* is such a big deal that debating society the Oxford Union, which previously hosted Jack Gleeson (Joffrey), invited showrunners David Benioff and DB Weiss and actors Kit Harington and John Bradley for a chat: tinyurl.com/NZLxfordunion

OLIVER VS THE TROLLS: Having sorted out net neutrality, search-and-seizure rules and Fifa, comedian John Oliver has turned his attention to online harassment, pointing out that there are many US states that still don't have legislation that covers online attacks. In another brilliant report, he uses an AOL ad from 1995 to illustrate how the kinds of harassment women are subject to online would never happen if the perpetrators couldn't do it anonymously: tinyurl.com/NZLharass

SVOD HIGHLIGHT: What's good in subscription video on demand. *Tatau*, which begins on Neon (neontv.co.nz) this

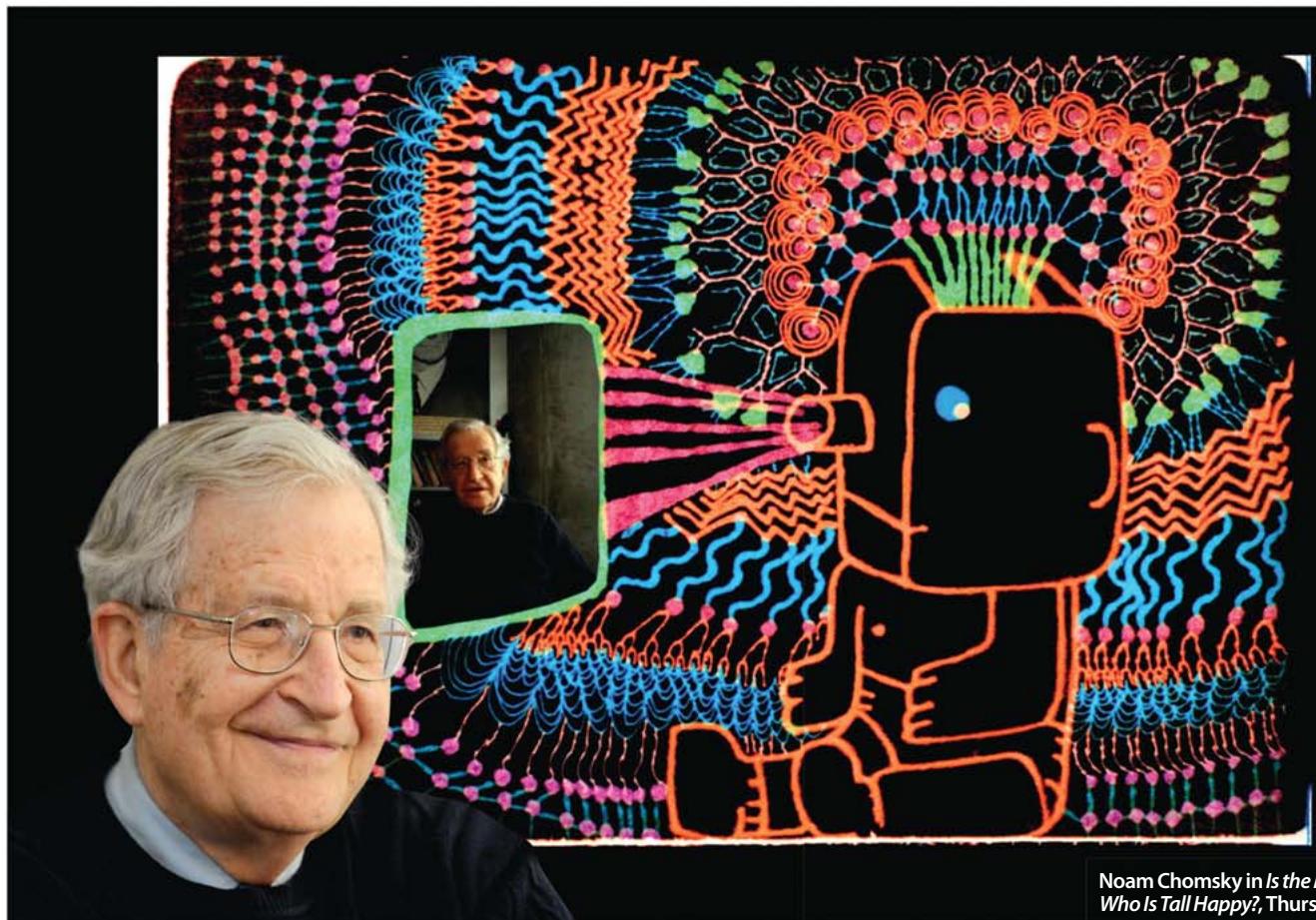
Friday, is a completely daft drama series about a couple of Londoners on a Pacific Island holiday who get involved in spooky native business. On the upside, it's a South Pacific Pictures co-pro, and stars Temuera Morrison and Kirk Torrance.



Tatau



For links go to www.listener.co.nz/online



Noam Chomsky in *Is the Man Who Is Tall Happy?*, Thursday.

TV Films

by FIONA RAE

A Guide to the Week's Viewing

SATURDAY JULY 4

Dr Seuss' Horton Hears a Who!

(Four, 6.30pm). A lovely thing, this adaptation, and the first fully CGI version of a Dr Seuss story. Jim Carrey puts the horror of *How the Grinch Stole Christmas* behind him and voices the big guy well, and Steve Carell is a terrific Mayor of Whoville. Also with Carol Burnett, Seth Rogen, Amy Poehler and Jonah Hill. (2008)

★★★

Whiplash (Sky Movies Extra, Sky 031, 8.30pm). Drummers think it's a crock, apparently, but this master-pupil slice of sadism is surprisingly compelling – and it's the one for which the terrific JK Simmons

was finally recognised. He's the brutal teacher at an elite music school, Miles Teller is the youngster he pushes and pushes and pushes again. It's tense and tightly directed by Damien Chazelle, even if you're not down with the antediluvian idea that greatness can be bullied out of someone. (2014) ★★★★

Jimi: All Is by My Side (Rialto, Sky 039, 8.30pm). Not the best biopic about Jimi Hendrix – director John Ridley didn't secure the rights to his music, for a start – but it does feature a rather good performance from rapper and singer André Benjamin, also known as André 3000. He gets Hendrix's

speech patterns and space-cadet persona down and, of course, he's no stranger to the stage. The film depicts the year or so that Hendrix spent in swinging London, where suddenly everything went technicolour for the previously unknown guitarist. Imogen Poots plays Linda Keith, who brings Hendrix back to the UK, and Hayley Atwell plays his girlfriend Kathy Etchingham. There is one bum note: a violent sequence in which Jimi beats Kathy, an event the real Etchingham says never happened. (2013) ★★★★

The Recruit (TV2, 9.00pm). A muscular espionage thriller directed by New Zealander Roger Donaldson, whose leads are master and apprentice Al Pacino and Colin Farrell.

Unfortunately, a clunky script and a ponderous ending dull what could have been sharp, and Pacino does that slightly unhinged thing again, the one where you know there will be shouting. Farrell is a computer whizz recruited by old hand Pacino for the CIA; he undergoes boot-camp mind games and falls for fellow trainee Bridget Moynahan. (2003) ★★★

Best wild rumpus
Where the Wild Things Are
TV2, Monday, 1.00pm

Stone of Destiny (Maori, 9.05pm). A good one for July 4, perhaps, as it depicts a small but significant moment in a movement for independence from England. It was the greatest student prank if not in history, at least in

Films are rated out of 5:
★ (abysmal) to ★★★★★ (amazing).



Where the Wild Things Are, Monday.



Jimi: All Is by My Side, Saturday.

Scottish history. In 1950, four Glasgow students travelled to London to take back the Stone of Scone, a block of sandstone used for centuries in the coronation of monarchs of Scotland, which had been sitting in Westminster Abbey since it was seized by Edward I in 1296. The film doesn't exactly sparkle (and leads Charlie Cox and Kate Mara aren't even Scottish), but it does illustrate how a small act of rebellion can boost what was, at the time, an almost non-existent movement. (2008) ★★★

30 Minutes or Less (TV2, 11.15pm). *Zombieland* director Ruben Fleischer once again puts Jesse Eisenberg into a dark comedy caper that he keeps tightly wound and jumping. Eisenberg's slacker pizza-delivery driver is rigged with a bomb and forced to

rob a bank by two meathead criminals (Danny McBride and Nick Swadson). He ropes in friend Aziz Ansari to help; close calls and incompetent high jinks ensue. (2011) ★★★

SUNDAY JULY 5

Olympus Has Fallen (TV2, 8.30pm). For terrorist attacks on the White House, the one you really want is *White House Down*; this one starring Gerard Butler against the North Koreans has no sense of irony, although Antoine Fuqua does know how to put together an action scene. Aaron Eckhart plays the president and



Morgan Freeman, Angela Bassett and Melissa Leo also star. Rick Yune plays a Korean bad guy called Kang, which is coincidentally the name of one of the aliens in *The Simpsons*. (2013) ★★★

Amour (Maori, 9.30pm). "A formally perfect masterpiece built around two achingly raw performances," said *Listener* reviewer David Larsen of this French film – an elegy, really – about an elderly couple. Anne and Georges (Emmanuelle Riva and Jean-Louis Trintignant) are former music teachers enjoying a comfortable retirement until Anne suffers a stroke. With heart-breaking loyalty, care and love, Georges looks after her. That is all, but isn't it enough? (2012) ★★★★

Sound of My Voice (TV3, 10.25pm)

Less successful than Brit Marling's previous lo-fi sci-fi tale *Another Earth*, which she also co-wrote, but nevertheless *Sound of My Voice* is intermittently gripping – and Marling (who showed her comedy chops in the British series *Babylon*) is riveting as a cult leader who claims to have come from the future. The story focuses on two documentary-makers (Christopher Denham and Nicole Vicius) who hope to infiltrate and expose the cult, but a testing psychodrama ensues in which the truth shifts and perspectives differ. (2011) ★★★

MONDAY JULY 6

Where the Wild Things Are (TV2, 1.00pm). It's school holidays and it's winter – thanks, TV2, for a movie every day this week,

though this one's best for older kids. Spike Jonze's polarising adaptation of Maurice Sendak's story gets the visuals right, but it lacks narrative structure. Out of necessity, Jonze helicopters in a story about Max's parents divorcing, but fails to capture a real child's-eye view. However, it's beautiful and mournful and James Gandolfini voices Wild Thing Carol. (2009) ★★★

Nightingale (SoHo, Sky 010, 9.30pm). Between Chiwetel Ejiofor and David Oyelowo, it seems British actors have become very good at depicting the African-American experience. Oyelowo was amazing as Martin Luther King Jr in *Selma*, and here he stretches those classically trained muscles again in a one-man movie about an unravelling army veteran. There is, perhaps, a predictability about the film itself, but Oyelowo is extraordinary. (2014) ★★★★

THURSDAY JULY 9

Is the Man Who Is Tall Happy? (Rialto, Sky 039, 8.30pm). An animated conversation with Noam Chomsky – literally, as this is Michel Gondry, who has charmed us in the past with cardboard sets and fantastical sequences in his movies and here uses simple drawings to illustrate some of Chomsky's gnarlier concepts. It's the great visualist meets the great thinker and the conversation keeps largely to Chomsky's academic, rather than political, work in linguistics and philosophy. The title comes from Chomsky's 1957 book *Syntactic Structures* and is also illustrated by Gondry, who makes his own, often self-deprecating, comments. Gondry draws out Chomsky on his personal life, too, providing more insight. (2013) ★★★★

Dr Seuss' Horton Hears a Who!, Saturday.

Radio

by FIONA RAE

The Best of the Week

SATURDAY JULY 4

Music Alive (RNZ Concert, 8.00pm). It's all happy-happy-joy-joy in tonight's concert from the Auckland Town Hall. *Visions of Happiness*, conducted by Pietari Inkinen, features Wagner's *Siegfried Idyll*, Massenet's *Meditation* and Tchaikovsky's *Symphony No 4*. At the centre of the evening is young Russian virtuoso Mikhail Ovrutsky, who performs Korngold's expressive *Violin Concerto in D*.

SUNDAY JULY 5

Insight (RNZ National, 8.10am). Europeans rent for life and don't mind, we're told, but renting an apartment in Rome or Barcelona is surely different to being subject to the whims of a landlord in central Auckland. Nevertheless, more than half our population aged 15 or over now lives in a rental property, and today *Insight* looks at what might be done to make renting better for those with no other choice.

Spectrum (RNZ National, 12.12pm)

Today, a story derived from the letters and diaries of a young New Zealander who heard the call to serve during World War I. Deborah Pitts Taylor worked as an ambulance driver in the Hampshire village of Brockenhurst when the No 1 New Zealand General Hospital was established to care for wounded Kiwi soldiers.

The Sunday Feature (RNZ National, 4.06pm)

Those who were there 30 years ago will remember the shock of learning that the French had seen fit to covertly put agents on our soil with the express purpose of destroying a boat. Today's panel discussion about the sinking of the Rainbow Warrior features some of the key people involved in the subsequent negotiations, including the counsel for Greenpeace, Gary Born; counsel for the French agents, Gerard Curry; then Deputy



The Sunday Feature

Prime Minister Sir Geoffrey Palmer; and former UN representative Bill Mansfield, who was involved in negotiations between the French and New Zealand governments. Linda Clark chairs the panel.

WEDNESDAY JULY 8

The Wednesday Drama (RNZ National, 9.06pm). Pip Hall's *The 53rd Victim* tells the story of Rachel Brooke-Taylor, a New Zealander in London in 2005 when 52 people lost their lives in a series of bombings on the public transport system. Brooke-Taylor was hailed as a hero for helping a trapped man on a bombed bus in Tavistock Square. However, the British press soon discovered that Brooke-Taylor was not

who she claimed to be and her life disintegrated under the scrutiny. The play won the New Zealand Play Award in 2009, the same year that Hall won the Bruce Mason Playwriting Award.

THURSDAY JULY 9

Music Alive (RNZ Concert, 8.00pm). The Auckland Town Hall's magnificent organ is finessed by British organist and composer David Briggs in tonight's live broadcast. He performs Francis Poulenc's *Organ Concerto*, a Gothic work Poulenc composed after the death of a friend. The Auckland Philharmonia will also perform Stravinsky's *Pulcinella Suite* and Brahms' *Symphony No 1*. ■

Concert music

Composer of the week AARON COPLAND (1900-90)



Aaron Copland

SUNDAY JULY 5, 9.00am: Matthew Crawford presents an overview of the American composer (RNZ, R Mon, 7.00pm); *Fanfare for the Common Man*, Minnesota Orch/Eiji Oue; *In the Beginning*, Ameral Gunson (mezzo), Choir of King's College, Cambridge/Stephen Cleobury.

MONDAY JULY 6, 9.00am: *Music for the Theatre*, New York Harmonie Ensemble/Steven Richman; *Two Pieces for String Quartet*, Brodsky Quartet; Piano

Concerto, Lorin Hollander (pno), Seattle Symphony/Gerard Schwarz.

MONDAY JULY 6, 7.00pm: A repeat of Sunday's programme; *Organ Symphony*, Paul Jacobs (organ of Davies Symphony Hall, San Francisco), San Francisco Symphony/Michael Tilson Thomas.

TUESDAY JULY 7, 9.00am: *Billy the Kid*, London SO/Aaron Copland;

Appalachian Spring, New York Harmonie Ensemble/Steven Richman; *Hoe Down*, from *Rodeo*, Detroit SO/Leonard Slatkin.

WEDNESDAY JULY 8, 9.00am: *Twelve Poems of Emily Dickinson*, Nos 4-6, *The World Feels*

Dusty Heart, We Will Forget Him; Dear March, Come In, Roberta Alexander (sop), Roger Vignoles (pno); *Symphony No 3*, New York Phil/Leonard Bernstein.

THURSDAY JULY 9, 9.00am: *Music for Movies*, New England

Countryside, from The City; Barley Wagons, from Of Mice and Men; Sunday Traffic, from The City; Grover's Corners, from Our Town; Threshing Machines, from Of Mice and Men, Saint Louis SO/Leonard Slatkin; *El Salón México*, BBC SO/Leonard Slatkin; *Something Wild*, excerpts, MGM Studio Orch/Aaron Copland.

FRIDAY JULY 10, 9.00am: *Ceremonial Fanfare*, London Symphony Brass/Eric Crees; *The Tender Land, Suite*, Boston SO/Aaron Copland; *Inscape*, New York Phil/Leonard Bernstein; *Three Latin American Sketches, Estriollo; Paisaje Mexicano; Danza de Jalisco*, BBC Concert Orch/Barry Wordsworth.

TV1

FREEVIEW 1 SKY 001

- 6.00** Te Karere (R, C)
6.30 **Hyundai Country Calendar** (G, R, HD, C)
7.00 **Rural Delivery** (G, HD)
7.30 **Infomercials**
9.00 **Tagata Pasifika** (HD)
9.30 **Come Dine with Me UK** (G, R)
Noon **Real Pasifik** (G, R, HD)
12.30 **The Food Truck** (G, R, C)
1.00 **Annabel Langbein the Free Range Cook: Through the Seasons** (G, R, HD, C)
1.30 **Highway Cops** (PGR, R, HD, C)
2.00 **■ The Fixer** (PGR, C)
3.00 **■ Code:1** (G, R, HD, C)
3.30 **Border Security:**
International (G, R, C) Today:
A man is stopped en route to Ecuador.
4.00 **■ Topp Country** (G, R, C)
Topp: Jean Topp shares her famous gingernut recipe.
4.30 **■ A Taste of Travel** (HD, C)
5.00 **The ITM Fishing Show** (C)
Today: Matt and the team venture out to volcanic hotspot the Bay of Plenty.
6.00 **ONE News** (C)
7.00 **Country Calendar** (HD, C)
Soft and Silky: A family of three women aim to produce top-quality suri fibre from 150 alpacas at their Banks Peninsula stud.
7.30 **■ Inside the Animal Mind** (G, C, AD) Secrets of the Social World: Chris Packham uncovers why the most intelligent animals on the planet are also the most social, as he swims with dolphins in the Bahamas; witnesses the duplicity of chimps; and, in a moving scene, watches elephants mourn their dead.
8.35 **Coronation Street** (PGR, C, AD) Tonight: Nick sets out to confront David when Tina confirms his suspicions, and Tracy suggests to Rob she should move in with him.
9.35 **Puberty Blues** (AO, C)
Australian drama series. Tonight: Debbie faces the reality of her ruined reputation at school and Sue has a guilty secret of her own.
10.30 **The ANZ Young Farmer Contest 2015** (HD) Mark Leishman host coverage of the Young Farmer of the Year 2015 final, in which seven regional finalists compete in a series of challenges.
11.30 **Word Up** (PGR, R, HD, C)
Jaquie Brown hosts a local comedy panel show.
12.00am - 6.00 **Tennis** Wimbledon Championships, day six live from London. Play past 6.00am will continue streaming live on tvnz.co.nz/wimbledon.

TV2

FREEVIEW 2 SKY 002

- 6.00** **Guess How Much I Love You** (G, R, C)
6.10 **Transformers Rescue Bots** (G, R, C)
6.30 **Doc McStuffins** (G, C)
6.55 **The Jungle Bunch: To the Rescue!** (G, C)
7.20 **■ Ben 10: Omniverse** (G, C)
7.45 **Teen Titans Go!** (G, C)
8.10 **Randy Cunningham: 9th Grade Ninja** (G, C)
8.40 **Beware the Batman** (G, R, C)
9.05 **Regular Show** (G, C)
9.35 **Lab Rats** (G)
10.00 **Fresh**
10.35 **Step By Step** (G, R, C)
11.05 **Full House** (G, R, C)
11.35 **Duck Dynasty** (PGR, R, C)
12.05 **Capture** (PGR, C)
1.05 **Switched at Birth** (PGR, C)
2.05 **Pretty Little Liars** (PGR, C)
3.05 **Malibu Country** (G, R, C)
3.35 **The Neighbors** (G, R, C)
4.05 **Ant and Dec's Saturday Night Takeaway** (G, C)
5.30 **My Wife and Kids** (G, R, C)
Samba Story: Janet becomes jealous of Michael's samba instructors.
6.00 **■ Wipeout** (G, C) Fall in the Family (Part 1): Family members team up to compete in the world's largest extreme obstacle course.
7.00 **■ The Shaggy Dog** (2006, PGR, C) A lawyer is transformed into a sheepdog after being bitten by an animal that escaped from a research lab. Tim Allen, Robert Downey Jr, Kristin Davis. Includes Lotto at 8pm.
9.00 **■ The Recruit** (2003, PGR, R, C) A young CIA agent finds himself in over his head when his mentor asks him to help locate a mole in the organisation. Al Pacino, Colin Farrell, Bridget Moynahan.
Films, page 70
11.15 **■ 30 Minutes or Less** (2011, AO, C) A small-town pizza delivery guy is kidnapped and forced to rob a bank by two wannabe criminal masterminds. Jesse Eisenberg, Danny McBride, Aziz Ansari, Dilshad Vadsaria.
Films, page 70
12.55am **■ Warrior** (2011, AO, R, C) After an ex-boxing champion returns home, his father trains him to compete in a mixed martial arts tournament that pits him against his older brother. Nick Nolte, Tom Hardy.
3.30 **■ The Taking of Pelham 123** (2009, AO, R, C) When subway train passengers are taken hostage, a dispatcher matches wits with the mastermind. Denzel Washington, John Travolta.
5.20 **Secret Mountain Fort Awesome** (PGR, R)
5.30 - 6.00 **It is Written**

TV3

FREEVIEW 3 SKY 003

- 6.00** **Charles Stanley** (R)
6.30 **Rheem Outdoors with Geoff** (G, R)
7.00 **Trade Zone Gone Fishin'** (G, R, HD)
7.30 **Infomercials**
9.30 **The Nation**
10.30 **Both Worlds** (G, HD)
11.00 **Survivor: Philippines** (G, R, HD)
Noon **Project Runway All Stars** (PGR, R, HD)
12.55 **Epic** (G, R, HD)
1.55 **■ Marae DIY** (G)
2.55 **Dancing with the Stars NZ** (G, R, HD)
5.00 **■ Outdoors with Geoff** (G, HD)
5.30 **The Simpsons** (G, R, C)
6.00 **3 News**
7.00 **Storage Hunters** (PGR, HD)
Judgment Day: The buyers lock horns at the US's largest shipping container auction.
7.30 **Highway Thru Hell** (PGR, HD) After the Crash: The guys watch footage of some of their largest operations.
8.30 **Motive** (AO, HD) Angels with Dirty Faces: Flynn and Vega go after an attacker who left a young man unconscious after a sexual encounter.
9.25 **Law & Order: SVU** (AO, HD)
October Surprise: Two of Barba's childhood friends are mixed up in a high-profile sexting scandal.
10.20 **Hannibal** (AO, R, HD, C)
11.20 **Last Resort** (AO, R, HD)
12.15am **Infomercials**
5.00 **Hillsong** (G, R)
5.30 - 6.00 **Charles Stanley** (R)



TV2: The Recruit, 9.00pm

PRIME

FREEVIEW 10 SKY 004

- 6.00** **Home Shopping**
11.30 **NRL Fulltime** (G)
Noon **The Crowd Goes Wild** (Omnibus) (G, R)
2.30 **Shearing Gang** (PGR, R)
3.00 **Whose Line is It Anyway USA** (PGR, R)
3.30 **A Year in the Wild** (G, R)
4.25 **Nigellissima** (G, R)
5.00 **Fishing and Adventure** (G)
5.30 **Prime News**
6.00 **Deal or No Deal** (G)
6.30 **■ Great British Food Revival** (G) Tonight: Michel Roux Jr gets passionate about British pears, and Clarissa Dickson-Wright champions garlic.
7.00 **Storage Wars: Canada** (PGR)
7.35 **The Great Australian Bake Off** (G) Tonight: The contestants bake their favourite pies and face a lemon meringue technical challenge.
8.40 **Top Gear USA** (AO) Tonight: American supercars.
9.40 **Rugby** Super Rugby, final.
11.40 **Sleepy Hollow** (AO, R)
12.35am - 6.00 **Home Shopping**

FOUR

FREEVIEW 4 SKY 012

- 6.00** **Children's Programmes** **8.30** **Sidekick** (G, R, HD) **9.00** **Children's Programmes** **9.55** **Infomercials**
2.00 **Sesame Street** (G, R, HD) **2.55** **Pingu** (G, R) **3.00** **Sticky TV** **3.25** **Infomercials** **4.30** **Sticky TV** **5.00** **Big Time Rush** (G, R) **5.30** **Drake and Josh** (G, R) **6.00** **iCarly** (G, R) iGot a Hot Room: Spencer makes Carly a gummy-bear lamp for her birthday. **6.30** **■ Dr Seuss' Horton Hears a Who!** (2008, G, R, HD, C) An elephant tries to protect a community of microscopic creatures. Voices of Jim Carrey, Steve Carell, Carol Burnett.
Films, page 70 **8.15** **■ Apollo 13** (1995, PGR, R, HD) Dramatisation of the 1970 NASA mission to the moon, which experienced potentially catastrophic trouble in orbit. Tom Hanks, Bill Paxton.
10.55 **90210** (PGR, R, HD) **A Tale of Two Parties**: Naomi attempts to sabotage a bachelorette party. **11.45** **Just Shoot Me!** (PGR, R, C) Paradise by the Dashboard Light: Maya takes a cycling tour of France with a group of single women. **12.10am - 6.00** **Infomercials**

MAORI

FREEVIEW 5 SKY 019

- 6.30** **Pukoro** (G, R)
7.00 **Team Umizoomi** (G, R)
7.30 **SpongeBob Tarau Porowha** (G, R)
8.00 **Tribe** (G, R)
8.30 **Te Kaea** (R)
9.00 **Media Take**
9.30 **Kai Time on the Road** (G, R)
10.00 **Toku Reo** (G, R)
2.00 **The Big Hit** (R)
2.30 **Homai Te Pakipaki** (G, R)
3.30 **Fox Memorial Shield 2015** Today: Mangere v Otara.
5.30 **Te Kaea**
6.00 **Te Irikura** (G, R)
6.30 **Death Threat** (G) Maori men's health series.
7.00 **Te Kaea** (R)
7.30 **■ Buddy** (1997, PGR, R) An eccentric socialite raises a gorilla as her son. Rene Russo, Robbie Coltrane.
9.05 **■ Stone of Destiny** (2008, AO, R) Based on the true story of four students who reigned Scottish national pride in the 1950s. Charlie Cox, Kate Mara.
Films, page 70
11.00 - 11.30 **Te Kaea** (R)

SATURDAY JULY 4

SKY PREMIERE SKY 030	MOVIES GREATS SKY 033	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>6.40 Now You See Me (2013, M) Jesse Eisenberg.</p> <p>8.35 Baggage Claim (2013, M) Paula Patton.</p> <p>10.10 The Possession of Michael King (2014, 16) Shane Johnson.</p> <p>11.35 Wild Bill (2011, 16) Charlie Creed-Miles.</p> <p>1.15 Hercules (2014, M) Dwayne Johnson.</p> <p>2.55 Now You See Me (2013, M) Jesse Eisenberg.</p> <p>4.50 Pacific Rim (2013, M) Charlie Hunnam.</p> <p>7.00 Lucy (2014, 16) A woman who accidentally injects an experimental drug develops extraordinary powers. Scarlett Johansson.</p> <p>8.30 Ride Along (2014, M) A security guard must prove himself to his girlfriend's brother who happens to be top cop. Ice Cube, Kevin Hart.</p> <p>10.15 The Hobbit: The Desolation of Smaug (2013, M) Martin Freeman.</p> <p>12.55am Cubicle Warriors (2013, 16) 2.15 Wild Bill (2011, 16) 3.55 Lucy (2014, 16) 5.25 Ride Along (2014, M)</p>	<p>6.00 You Don't Mess with the Zohan (2008, M) Adam Sandler.</p> <p>7.50 The Twilight Saga: Breaking Dawn Part 2 (2012, M) Robert Pattinson.</p> <p>9.45 Fun with Dick and Jane (2005, M) Jim Carrey.</p> <p>11.15 Changing Lanes (2002, M) Ben Affleck.</p> <p>12.55 You Don't Mess with the Zohan (2008, M) Adam Sandler.</p> <p>2.50 Fair Game (2010, M) Naomi Watts.</p> <p>4.40 G.I. Jane (1997, M) Demi Moore.</p> <p>6.45 Alien vs Predator (2004, M) Sanaa Lathan.</p> <p>8.30 Out of Sight (1998, M) A robber and a federal marshal connect when she is pulled into his escape from prison. George Clooney, Jennifer Lopez.</p> <p>10.30 The Longest Yard (2005, M) Adam Sandler.</p> <p>12.20am Alien vs Predator (2004, M) 2.05 The Silence of the Lambs: The Inside Story (M) 3.35 Out of Sight (1998, M) 5.35 Fair Game (2010, M)</p>	<p>6.35 Music of the Heart (1999, PG) Meryl Streep.</p> <p>8.35 Bill and Ted's Excellent Adventure (1989, PG) Keanu Reeves.</p> <p>10.05 Red Sun (1971, PG) Charles Bronson.</p> <p>Noon The Producers (1967, G) Zero Mostel.</p> <p>1.30 Big Wednesday (1978, PG) Jan-Michael Vincent.</p> <p>3.30 The Presidio (1988, M) Sean Connery.</p> <p>5.05 Bean (1997, PG) Rowan Atkinson.</p> <p>6.35 U-571 (2000, M) Matthew McConaughey, Bill Paxton.</p> <p>8.30 Major League (1989, PG) The new owner of the Cleveland Indians baseball team puts together a purposely horrible team so they'll lose. Tom Berenger, Charlie Sheen.</p> <p>10.20 Leaving Las Vegas (1995, 18) Nicolas Cage, Elisabeth Shue.</p> <p>12.15am The Long Kiss Goodnight (1996, 18) 2.15 National Lampoon's European Vacation (1985, M) 3.50 Saturday Night Fever: The Inside Story (M) 5.20 U-571 (2000, M)</p>	<p>6.30 God's Pocket (2014, 16) A blue collar worker tries to cover things up when his stepson is killed in a suspicious accident. Philip Seymour Hoffman, Christina Hendricks.</p> <p>8.00 Sister (2012, M) A 12-year-old boy takes responsibility for supporting his restless older sister by stealing from the ski resort near their home. Léa Seydoux, Kacey Mottet Klein.</p> <p>9.40 The Bridge (2011, 16, season 1, episodes 1-10) Danish crime series.</p> <p>8.30 Jimi: All Is by My Side (2013, M) Based on the years that Jimi Hendrix spent in London, where his career took off. André Benjamin, Imogen Poots, Hayley Atwell. Films, page 70</p> <p>10.30 Turning Tide (2013, M) A fearless sailor finds his biggest race hindered by an unexpected stowaway. François Cluzet, Samy Segeir.</p> <p>12.10am Crystal Fairy and the Magical Cactus (2013, 16) 1.50 Angel of Evil (2010, 16) 3.55 Marley (M)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 026

7.30 Heaven's Kitchen at Large **8.30** Love Nature: Natural World **9.30** Donna Hay: Fast, Fresh, Simple **10.00** The Delicious Miss Dahl **10.30** Decks, Docks and Gazebos **11.00** House Crashers **11.30** Auction Kings **Noon** Best House on the Street **1.00** Escape to River Cottage **1.30** Better Homes and Gardens **3.00** American Restoration **3.30** Yard Crashers **4.00** Carter Can **4.30** My Dream Room: Kids Edition **5.00** Trinny & Susannah's Makeover Mission Australia **6.00** Picker Sisters **7.00** The Dog Hotel **7.30** Love Nature: Natural World **8.30** Speed with Guy Martin **9.30** Baz's Extreme Worlds (PGR) **10.00** Auction Room **10.30** American Restoration **11.00** House Crashers **11.30** Carter Can **12.00am** Trinny & Susannah's Makeover Mission Australia **1.00** Picker Sisters **2.00** The Dog Hotel **2.30** Speed with Guy Martin **3.30** Baz's Extreme Worlds (PGR) **4.00** Auction Room **4.30** Yard Crashers **5.00** You Live in What?

UKTV SKY 007

6.15 Doctor Who (PG) **7.55** The Bill Omnibus (M) **12.05** EastEnders (PG) **2.05** Casualty (PG) **3.00** A Touch of Frost **4.50** Pointless **5.45** Inspector Morse (M) Last Seen Wearing: The daughter of a wealthy businessman has gone missing, and Morse confidently concludes the woman is dead. **7.35** New Tricks (M) Old and Cold: A tabloid editor asks Pullman to help him prove a celebrity chef murdered her husband. **8.30** Midsomer Murders (M) The Sicilian Defence: A year after she was attacked on her wedding day, a woman awakes from a coma. **10.15** Death in Paradise (M) **11.15** 8 Out of 10 Cats (M) **11.45** The Graham Norton Show (M) Tonight: Dame Judi Dench, Dev Patel, Jack O'Connell, and First Aid Kit. **12.35am** Birds of a Feather (PG) **1.00** An Idiot Abroad (M) **1.50** The Office (M) **2.20** Big School (M) **2.50** New Tricks (M) **3.50** Death in Paradise (M) **4.50** Pointless **5.40** Merlin (M)

Living SKY 008

6.00 Flog it! **6.30** Richard E Grant's Hotel Secrets (M) **7.30** Kirstie's Best of Both Worlds **8.30** Location Location Location **9.30** Love Your Garden **10.30** Homes Under the Hammer **11.30** Antiques



Sky Premiere: Ride Along, 8.30pm

Roadshow **12.30** Restoration Man (M) **1.30** Priceless Antiques Roadshow **2.00** Kirstie's Best of Both Worlds **3.00** Location Location Location **4.00** Zoo Days (M) **4.30** Gardeners' World 2014 **5.00** Big Dreams, Small Spaces **6.00** Glorious Gardens from Above **7.00** Royal Upstairs Downstairs **7.30** A Place in the Sun: Winter Sun **8.30** Phil Spencer: Secret Agent **9.30** Coast **10.30** Holmes Makes it Right **11.30** Phil Spencer: Secret Agent **12.30am** Big Dreams, Small Spaces **1.30** Glorious Gardens from Above **2.30** A Place in the Sun: Winter Sun **3.30** Coast **4.30** Phil Spencer: Secret Agent **5.30** Royal Upstairs Downstairs

Sky Arts SKY 027

6.20 **The Blues: Piano Blues** (2003, G) **8.00** JFK **9.00** Playhouse Presents (PG) **10.00** Frank Auerbach **10.55** Inside the National Trust **11.45** Rankin Presents **12.30** Capture **1.00** African Masters **1.30** Neil McCormick's Needle Time **2.20** **The Blues: Piano Blues** (2003, G) **4.00** Grand Hotel (PG) **5.30** Movie Stars **6.00** A Season at Juilliard School **7.00** All in the Best Possible Taste with Grayson Perry **7.45** Living the Life **8.30** Grayson's Great Design **9.25** **Braddock America** (2013, G) **11.10** Harrow **12.00am** Grand Hotel (PG) **1.30** Movie Stars **2.00** A Season at Juilliard School **3.00** All in the Best Possible Taste with Grayson Perry **3.45** Living the Life **4.30** Grayson's Great Design **5.25** **Braddock America** (2013, G)

SoHo SKY 010

6.35 Nip/Tuck (16) **7.25** Nip/Tuck Marathon (16) Season two of the US drama series. **9.05** Justified Marathon (M) Season one of the US crime series. **11.20** Justified Marathon (M) Season two of the US crime series. **12.45** Last Week Tonight with John Oliver (16) **1.15** Veep Marathon (M) Season four of the US comedy series. **6.15** Silicon Valley Marathon (M) Season two of the US comedy series. **8.45** Silicon Valley (M) Homicide: Monica encourages the guys to pounce on an opportunity, while Erlich reconnects with a former mentee. **9.15** Silicon Valley (M) Adult Content: With the Pied Piper team fielding job offers, Richard faces the prospect of folding. **9.45** Silicon Valley (M) White Hat/Black Hat: Richard grows paranoid when Pied Piper competes for a client, and Erlich and Jian-Yang work on a pitch. **10.15** Silicon Valley (M) Binding Arbitration: Jared, Dinesh and Gilfoyle debate philosophy. **10.45** Silicon Valley (M) Two Days of the Condor: A drama draws a spike in traffic to Pied Piper. **11.15** Justified Marathon (M) **3.00am** Last Week Tonight with John Oliver (16) **3.30** Nip/Tuck Marathon (16)

BBC World News SKY 089

6.00 World News Today **6.30** World News Today **6.40** Africa Business Report **7.00** World News Today **7.30** HARDtalk **8.00** World News Today **8.30** Football Focus **9.00** BBC World News America **10.00** BBC World News **10.30** Newsnight **11.00** BBC World News **11.30** Our World **Noon** BBC World News **12.10** World Features **12.30** Talking Business **1.00** BBC World News **2.10** Royal Academy of Arts **3.00** BBC World News **3.30** The Travel Show **4.00** BBC World News **4.10** Storyville Global **5.00** BBC World News **5.30** Newsnight **6.00** BBC World News **6.30** Click **7.00** BBC World News **7.10** World Features **7.30** HARDtalk **8.00** BBC World News **9.10** Bunkers and Brutalism **10.00** BBC World News **10.10** Africa Business Report **10.30** Newsnight **11.00** BBC World News **11.30** Our World **12.00am** BBC World News **12.10** World Features **1.00** BBC World News **1.15** Sport Today **1.30** The Travel Show **2.00** BBC World News **2.30** Dateline London **3.00** BBC World News **3.10** Storyville Global **4.00** BBC World News **4.30** Our World **5.00** BBC World News **5.10** Royal Academy of Arts

SPORT

Sky Sport 1 SKY 051

6.00 Fox Sports News **7.30** Small Blacks TV **7.50** Cricket, Caribbean Premier League Twenty20, Guyana Amazon Warriors v St Kitts and Nevis Patriots, **live.** **11.30** Random Rugby TV **11.50** Cricket, Caribbean Premier League Twenty20, Barbados Tridents v Saint Lucia Zouks, **live.** **3.30** ICC Cricket World Cup 2015: The Time of Our Lives **4.30** Super Rugby, semi-finals **5.30** Land Rover First XV Revision **6.30** Super Rugby, final, **live.** **9.30** Super Rugby, final, **live.** **12.00am** Cycling, Tour de France, stage one, 14km time trial, **live.** **4.00** Super Rugby, final.

Sky Sport 2 SKY 052

6.00 Rugby League, NRL, Panthers v Rabbitohs. **6.30** UK Super League, Leeds Rhinos v St Helens, **live.** **9.30** UK Super League, Wigan Warriors v Warrington Wolves. **10.00** Rugby League, NRL, Panthers v Rabbitohs. **10.30** Sky Sports UK News **11.00** Sky Sport 365 **11.30** TBA **12.30** World Rugby **1.00** Toyota Grassroots Rugby **2.00** Golf Central **2.30** Rugby League, NRL, Panthers v Rabbitohs. **3.00** UK Super League, Leeds Rhinos v St. Helens. **5.00** Rugby League, Holden Cup, Dragons U20 v Cowboys U20, **live.** **7.00** Rugby League, NSW Cup, Illawarra Cutters v Wentworthville Magpies, **live.** **9.00** Rugby League, NRL, Dragons v Cowboys, **live.** **12.00am** Super Rugby, final. **12.30** Fishing and Adventure **1.00** UK Super League, Leeds Rhinos v St. Helens. **1.30** Rugby League, NRL, Dragons v Cowboys. **2.00** Cricket, Caribbean Premier League, Warriors v Patriots. **3.00** Random Rugby TV **3.20** Super Rugby, final. **3.50** Cricket, Caribbean Premier League Twenty20, Saint Kitts and Nevis Patriots v Jamaica Tallawahs, **live.**

Sky Sport 3 SKY 053

6.00 Cricket, NatWest Blast Twenty20 Cup, Lightning v Vikings, **live.** **9.00** Canoeing, Slalom World Cup II. **9.30** InCycle **10.00** Sky Sport 365 **10.30** Lesson Tee Live **11.30** Feherty **12.30** The Golf Fix **1.30** Hockey, World League, men's first



Discovery: Epic Bar Builds, 8.30pm

semi-final. **3.00** Hockey, World League, men's second semi-final. **4.30** Cricket, Caribbean Premier League Twenty20, Warriors v Patriots. **5.30** Fishing and Adventure **6.00** Volvo Ocean Race **6.30** Golf Central **7.15** FIA World Rally, day one. **7.45** The F1 Show **8.45** Formula 1, British GP, Practice 3, **live.** **10.20** #Skyspeed **11.00** Formula 1, British GP, qualifying, **live.** **1.35am** Motorcycle Racing, MotoGP2, Great Britain GP, race one, **live.** **2.50** #Skyspeed **3.15** Motorcycle Racing, MotoGP3, Great Britain GP, race one, **live.** **4.00** Motorcycle Racing, FIM Speedway World C'ships, British GP, **live.**

ESPN SKY 061

6.00 Baseball Tonight **6.10** Baseball, MLB, Miami Marlins v Chicago Cubs, **live.** **9.10** Baseball Tonight **10.00** Baseball, MLB, San Francisco Giants v Washington Nationals. **1.00** Baseball Tonight **2.00** Baseball, MLB, New York Mets v Los Angeles Dodgers. **5.00** SportsCenter **6.00** ESPN Original Documentaries **7.00** Around the Horn **7.30** Pardon the Interruption **8.00** Baseball Tonight **9.00** The Grid **9.30** Planet Speed **10.00** ESPN FC **10.30** ESPYs Nominations Special **11.00** ESPN Original Documentaries **4.00am** Competitive Eating, Hot Dog Eating Contest 2015, **live.** **5.00** SportsNation

DOCUMENTARIES

Discovery SKY 070

6.00 Dukes of Haggis (M) **6.30** MythBusters (PG) **8.30** ET Fishing Escapes (PG) **9.30** Big Fish Man (PG) **10.30** Railroad Alaska (PG) **11.30** You Have Been Warned (M) **12.30** Treehouse Masters (PG) **1.30** Naked and Afraid (M) **2.30** Manhunt (PG) **3.30** Bear Grylls: Breaking Point (M) **4.30** Auction Hunters (PG) **5.30** NASA's Unexplained Files **6.30** Ice Cold Gold (PG) Golden Glacier: Eric, a geologist, continues to battle gold fever. **7.30** Treehouse Masters (PG) **8.30** Epic Bar Builds (PG) Bayou and Tarantula Bar: Aaron and Mike head to Louisiana. **9.30** Bering Sea Gold (PG) Brad Kelly's baby is born. **10.30** Auction Hunters **11.00** Hour China: Pandamonium (PG) **12.00am** Airplane Repo (PG) **1.00** Crimes That Shock the World (M) **2.00** Ice Cold Gold (PG) **3.00** Dirty Jobs (PG) **5.00** MythBusters (PG)

National Geographic SKY 072

6.00 Engineering Connections **6.30** Air Crash Investigations (PG) **7.30** Ultimate Airport Dubai (PG) **9.30** Tales by Light (PG) **10.00** The Big Picture with Kal Penn (PG) **10.30** Science of Stupid (M) **11.00** Brain Games (PG) **11.30** Danger Decoded (M) **Noon** Dead End Express (M) **1.00** Inside: FBI Stakeout (M) **2.00** Do or Die (PG) **2.30** Situation Critical (M) **3.30** Seconds from Disaster (PG) **5.30** Evacuate Earth (M) **6.30** Inside Combat Rescue (M) **8.30** Restrepo: The Deadliest Outpost (M) Combat, boredom and fear through the eyes of soldiers in one of the US military's deadliest outposts. **10.30** Battleground Brothers (M) **11.30** Air Crash Investigations (PG) **12.30am** Dead End Express (M) **1.30** Alaska Wing Men (M) **2.30** Mexican Border Wars (M) **4.30** Big, Bigger, Biggest **5.30** Britain's Underworld (M)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.08 Storytime (RNZ)

(storytime@radionz.co.nz)

7.08 Country Life (RNZ)

(countrylife@radionz.co.nz)

8.10 Saturday Morning with Kim Hill (RNZ)

(saturday@radionz.co.nz)

12.11 This Way Up with Simon Morton (RNZ)

Exploring the things we use and consume (thiswayup@radionz.co.nz)

2.05 Music 101 with Emma Smith

(music101@radionz.co.nz)

5.11 Focus on Politics (RNZ)

5.45 Tagata o te Moana Pacific news, features, interviews and music (RNZ)

6.06 Great Encounters Interviews from feature programmes during the week (RNZ)

7.06 Saturday Night (RNZ)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 History Repeated (RNZ); 1.05 Our Changing World (RNZ); 2.05 Spiritual Outlook (RNZ); 2.35 Hymns on Sunday; 3.05 In the Beef Market, by Patrick Coogan, read by Jed Brophy (RNZ); 3.30 Te Waonui a Te Manu Korihi (RNZ); 4.30 Science in Action (BBC)

Details available at radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00, 7.00, 8.00, 9.00am, noon, 3.00, 6.00, 11.00pm

6.00 Classic Morning Includes News and Weather

9.00 The Best of Upbeat (RNZ)

10.00 Your Choice (Box 123, Wellington or concert@radionz.co.nz)

Noon The RNZ Concert Classical Chart

1.00 New Jazz Archive Charlie Parker: Charlie Parker historian Phil Schaap talks about the life and legend of Bird (8 of 10, PRX)

2.00 Global Sounds Indigenous music from around the world

3.00 Saturday Concert Pettman/Royal Overseas League Scholarship 2013 final (RNZ)

4.30 Keeping it Simple Nielsen: Symphony No 6, Sinfonia semplice, Royal Stockholm Phil/Sakari Oramo; Mustonen: Three Simple Pieces, Martti Rousi (cello), Olli Mustonen (pno); Copland: Simple gifts, from Appalachian Spring, Philharmonia Virtuosi/Richard Kapp; Ruders: Preghiera semplice, Danish National Vocal Ensemble/Søren Kinch Hansen; Brouwer: Ten New Simple Studies, Emanuele Buono (gtr); Rosenberg: Symphony No 6, Sinfonia semplice, Gothenburg SO/Mario Venzago

6.00 Made in New Zealand NZ performers and composers

7.00 Vocalised The World of Song

8.00 Music Alive Mikhail Ovrutsky (vln), NZSO/Pietari Inkinen - Wagner: Siegfried Idyll; Korngold: Violin Concerto in D Op 35; Massenet: Meditation, from Thais; Tchaikovsky: Symphony No 4 in F minor Op 36 (RNZ)

9.45 On the Ainola Piano Sibelius: Andantino in B; Allegretto in B flat minor; Largo in A; Impromptu in G minor Op 5/2; Impromptu in B minor Op 5/5, Folke Gräsbeck (pno)

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Nigel Yalden All Sport Breakfast **9.00** Jack Tame Noon Veitch on Sport **6.00** Bruce Russell - In My Day **12.00am** Tim Roxborough Talkback

TV1	TV2	TV3	
TV1 FREEVIEW 1 SKY 001	TV2 FREEVIEW 2 SKY 002	TV3 FREEVIEW 3 SKY 003	
<p>6.00 Rural Delivery (G, R, HD)</p> <p>6.25 The ITM Fishing Show (G, R, C)</p> <p>6.50 The Young Farmer Contest 2015 (R, HD)</p> <p>7.35 Tagata Pasifika (R, HD)</p> <p>8.00 Songs of Praise</p> <p>8.30 Attitude (HD, C, AD)</p> <p>9.00 Q&A (HD, C)</p> <p>10.00 Waka Huia (G)</p> <p>10.30 Marae</p> <p>11.00 Neighbourhood (G, HD, C) Hataitai: Susie Ferguson takes a look at the diverse community to be found in the Wellington suburb of Hataitai.</p> <p>11.30 Fair Go (R, C)</p> <p>11.55 Survival: Tales from the Wild (G, R, C)</p> <p>1.00 Judy Bailey's Australia (G, R, HD, C) Today</p> <p>2.00 George Clarke's Amazing Spaces (G, R, C)</p> <p>3.00 Dynamo: Magician Impossible (PGR, R, C)</p> <p>4.00 Australia's Deadliest (G, R, C) Alicia, Maddison, Jayne: An eight-foot crocodile drags a boy from his tent.</p> <p>4.25 Wild Vets (G, R, C) Today: Kate McInnes looks for short-tailed bats in Fiordland.</p> <p>4.55 Nature's Weirdest Events (G, C) Today: What causes alien-like sounds from the sky.</p> <p>6.00 ONE News (C)</p> <p>7.00 Sunday (C) Miriama Kamo presents current affairs.</p> <p>8.00 House Hunt (G, HD, C) Tonight: British couple Will and Grace start the search for a home in adventure capital Queenstown, and city boy Ethan Tey faces the harsh realities of the Auckland housing market.</p> <p>8.30 Indian Summers (PGR, C, AD) UK drama series. Tonight: Cynthia is left reeling when Eugene makes a revelation about his family's finances, and a face from Ralph's past comes back to haunt him.</p> <p>9.30 Devil's Playground (AO, HD, C, AD) Australian drama series. The Tail of the Serpent: A grisly discovery sends shockwaves throughout the town, and a mysterious encounter with Brendan leads Bishop Quaid to question the secrets being kept within his church.</p> <p>10.30 A Place to Call Home (AO, R, C, AD) True to Your Heart: Elizabeth is unimpressed by the way Regina is behaving towards George.</p> <p>11.30 Q&A (R, HD, C)</p> <p>12.35am Attitude (R, HD, C)</p> <p>1.05 Emmerdale (PGR, R, C)</p> <p>3.05 Marae (R)</p> <p>3.35 - 6.00 Infomercials</p>	<p>6.00 Fishtronaut (G, R, C)</p> <p>6.25 Mickey Mouse Clubhouse (G, C)</p> <p>6.45 Crash & Bernstein (G, C)</p> <p>7.10 SpongeBob SquarePants (G, R, C)</p> <p>7.35 Kung Fu Panda (G, R, C)</p> <p>8.00 What Now? (HD)</p> <p>10.00 A.N.T. Farm (G, C) Detective Agancy: Chyna encourages Darryl to quit his job.</p> <p>10.25 The Bachelor (G) After the Final Rose: Juan Pablo chats with Chris Harrison.</p> <p>11.15 Cosentino: The Magic, the Mystery, the Madness (PGR, R) A special featuring Australian magician Consentino.</p> <p>Noon Shortland Street Omnibus (PGR, R, HD, C, AD) Today: Mo battles to keep his family together; Nicole suspects a friend; and Rachel fights a fire, and gets caught in the blaze.</p> <p>3.00 Suburgatory (PGR, C) About a Boy-Yoi-Yoing: George is enamoured with a juice bar.</p> <p>3.30 Home and Away (R, C) Today: Denny and Ash make up.</p> <p>6.00 America's Funniest Home Videos (G, C)</p> <p>6.30 Joey (G, R, C) Joey and the Tonight Show: Joey appears on The Tonight Show with Jay Leno.</p> <p>7.00 The Voice Australia (C) Australian singing competition with judges Ricky Martin, Delta Goodrem, Joel and Benji Madden and Jessie J. Tonight: The Blind Auditions continue.</p> <p>8.30 Olympus Has Fallen (2013, AO, C) When a terrorist kidnaps the President and seizes the White House, a disgraced former Presidential guard becomes the President's only hope. Gerard Butler, Morgan Freeman, Aaron Eckhart.</p> <p>Films, page 70</p> <p>11.00 The Possession (2012, AO, C) After a young girl buys a wooden box at a yard sale, she unknowingly unlocks an evil spirit living inside. Natasha Calis, Kyra Sedgwick.</p> <p>12.45am Marvel's Agents of SHIELD (AO, R, C) Melinda: The story of how Melinda May became "The Cavalry" is revealed when she agrees to look into Coulson's actions since he became director.</p> <p>1.40 Marshal Law: Texas (AO)</p> <p>2.25 Infomercials</p> <p>3.00 The Jeremy Kyle Show (PGR, R)</p> <p>3.50 Anger Management (AO, R)</p> <p>4.15 It is Written (R)</p> <p>4.45 The Carrie Diaries (PGR, R, C)</p> <p>5.30 - 6.00 Infomercials</p>	<p>6.00 Life TV (G, R)</p> <p>6.30 Brian Houston (G, R)</p> <p>7.00 Charles Stanley (G, R)</p> <p>8.00 Universal Church of the Kingdom of God (G, R)</p> <p>8.30 Turning Point with David Jeremiah (G, R)</p> <p>9.00 three60</p> <p>9.30 Re-Think (HD)</p> <p>10.00 The Nation</p> <p>11.00 Come Dine with Me NZ Omnibus (HD)</p> <p>1.10 Jamie's 30 Minute Meals (G, R, C)</p> <p>1.45 Motorsport MotoGP Assen, round eight.</p> <p>2.45 Motorsport NZ Rally Championship, round four, Rally Gisborne.</p> <p>3.45 Motorsport 2015 Indycar Series, highlights.</p> <p>5.00 Gordon Ramsay's Ultimate Home Cooking Specials (G)</p> <p>6.00 3 News</p> <p>6.30 3D (HD)</p> <p>7.00 Dancing with the Stars NZ (G, HD, another episode screens tomorrow) Tonight: It's 80s week.</p> <p>8.30 Westside (AO, HD) But for a Wayward Son: Ted and Rita realise they have raised a problem child.</p> <p>9.30 Rush (AO, HD) You Spin Me Round: Rush and Alex plan a weekend together.</p> <p>10.25 Sound of My Voice (2011, AO, R, HD, C) Two filmmakers infiltrate a cult. Brit Marling. Films, page 70</p> <p>12.20am Infomercials</p> <p>5.30 Brian Houston @ Hillsong TV (G, R)</p>	 <p>Prime: Elementary, 9.30pm</p>
			PRIME FREEVIEW 10 SKY 004
			<p>6.00 Religious Programming (G)</p> <p>10.30 Sport Box (G)</p> <p>Noon River Cottage Australia (PGR, R)</p> <p>1.00 Celebrity Wife Swap USA (PGR, R)</p> <p>2.00 The Animal Files (PGR, R)</p> <p>2.30 Toyota Grassroots Rugby (G)</p> <p>3.30 Animal Airport (G, R)</p> <p>4.00 Stephen Fry: Gadget Man (G, R)</p> <p>4.30 Rugby Nation (G)</p> <p>5.30 Prime News</p> <p>6.00 The Great British Bake Off (G, R)</p> <p>7.05 Storage Wars (G)</p> <p>7.30 British Gardens in Time (G) Biddulph Grange: Victorian garden Biddulph Grange.</p> <p>8.35 CSI: Cyber (PGR) Family Secrets: Krumitz confronts the man who murdered his parents.</p> <p>9.30 Elementary (PGR) A Controlled Descent: Holmes' former recovery sponsor disappears.</p> <p>10.30 Psych (PGR) Shawn, Interrupted: Shawn and Gus go undercover in a psychiatric hospital.</p> <p>11.30 Vegas (AO, R) US crime series set in the 1960s.</p> <p>12.30am - 6.00 Home Shopping</p>
			FOUR FREEVIEW 4 SKY 012
			<p>6.00 Children's Programmes Noon Infomercials 2.00 Sesame Street (G, R, HD) 2.55 Pingu (G, R) 3.00 Sticky TV 3.30 Infomercials 4.30 Sticky TV 5.00 Entertainment Tonight Weekend (G) 6.00 iCarly (G, R) 6.30 Agent Cody Banks (2003, PG) A schoolboy who is an undercover CIA investigates cutting-edge scientific work. Frankie Muniz. 8.35 Family Guy (AO, R, HD) Peter's Got Woods: A jealous Peter befriends actor James Woods after Brian falls for an attractive African-American teacher.</p> <p>9.05 South Park (AO, R) Something Wall-Mart This Way Comes: The streets of South Park are like a ghost town when a giant Wall-Mart lures all the townspeople to the new store with its incredible bargains.</p> <p>9.35 Burn Notice (AO, HD) Psychological Warfare: Michael finally meets the terrorist boss, but he is drugged to reveal his secrets.</p> <p>10.25 Welcome to the Family (PGR, R, HD) Date Night: Lisette's grandmother comes to visit. 10.50 Entertainment Tonight Weekend (G) 11.45 - 6.00am Infomercials</p>
			MAORI FREEVIEW 5 SKY 019
			<p>10.00 Korero Mai (G, R)</p> <p>Noon Matariki Magic (G, R)</p> <p>12.30 Pacific Games 2015 Today: Opening ceremony.</p> <p>2.30 Code (PGR, R)</p> <p>3.30 2015 Fox Memorial Shield Today: Grand-final, Papakura v Mt Albert.</p> <p>5.30 Te Kaea</p> <p>6.00 Waka Huia (G) Archival documentary series.</p> <p>6.30 Paepae (G) Hosted by Chris Winitana.</p> <p>7.00 Matariki Magic (G) A celebration of Matariki festivities around Aotearoa.</p> <p>7.30 Vodafone Warriors 2015 Tonight: Dragons v Cowboys, from WIN Stadium, NSW.</p> <p>9.30 Amour (2012, AO) An elderly husband looks after his wife after she has a stroke. Jean-Louis Trintignant, Emmanuelle Riva. Films, page 70</p> <p>11.55 - 12.25am Te Kaea (R)</p>

SKY PREMIERE SKY 030		MOVIES GREATS SKY 033	MOVIES CLASSICS SKY 034	RIALTO SKY 039
7.05 Pacific Rim (2013, M) Charlie Hunnam.	7.25 G.I. Jane (1997, M) Demi Moore.	7.15 Big Wednesday (1978, PG) Jan-Michael Vincent.	6.20 Jimi: All Is by My Side (2013, M) André Benjamin.	
9.15 The Hobbit: The Desolation of Smaug (2013, M) Martin Freeman.	9.30 The Longest Yard (2005, M) Adam Sandler.	9.25 Nevada Smith (1966, M) Steve McQueen.	8.20 Diana (2013, M) Naomi Watts.	
11.55 Ride Along (2014, M) Ice Cube.	11.20 Alien vs Predator (2004, M) Sanaa Lathan.	11.35 The Gumball Rally (1976, PG) Normann Burton.	10.10 To the Wonder (2012, M) Ben Affleck.	
1.35 Lucy (2014, 16) Scarlett Johansson.	1.00 Out of Sight (1998, M) George Clooney.	1.20 Moonwalker (1988, PG) Michael Jackson.	Noon Attila Marcel (2013, M) Guillaume Gouix.	
3.05 Below the Beltway (2010, M) Tate Donovan.	3.00 Heartbreakers (2001, M) Sigourney Weaver.	2.50 Muriel's Wedding (1994, M) Toni Collette.	1.45 Wild Horse, Wild Ride (2011, PG) US documentary.	
4.40 RoboCop (2014, M) Joel Kinnaman.	5.05 Man on a Ledge (2012, M) A suicidal man distracts authorities. Sam Worthington.	4.35 Rounders (1998, 16) Matt Damon.	3.35 Siddharth (2013, M) Rajesh Tailang.	
6.35 Blended (2014, M) Two single parents find themselves stuck together on a holiday. Adam Sandler.	6.50 Bruce Almighty (2003, M) A guy who complains about God too often is given almighty powers to teach him a lesson. Jim Carrey.	6.35 Dave (1993, PG) A man becomes the stand-in for the US president. Kevin Kline.	5.10 The Trials of Muhammad Ali (2013, M) US documentary.	
8.30 The Hundred-Foot Journey (2014, PG) A displaced Indian family restaurant goes to war against a rival French establishment 100 feet from their door. Helen Mirren, Om Puri.	8.30 Iron Man (2008, M) After escaping from kidnappers using an armoured suit, a playboy industrialist turns his creation into a force for good. Robert Downey Jr.	8.30 The Last of the Mohicans (1992, PG) The son of a Mohican warrior falls for the daughter of a British officer he's assigned to protect during the French and Indian War. Daniel Day Lewis, Madeleine Stowe.	6.40 Night Moves (2013, M) Jesse Eisenberg.	
10.35 Non-Stop (2014, M) A man threatens to kill the passengers onboard a flight. Liam Neeson.	10.40 Iron Man 2 (2010, M) Robert Downey Jr, Mickey Rourke.	10.20 Carlito's Way (1993, M) An ex-gangster tries to go straight. Al Pacino.	8.30 Run (2013, 16, part 1 of 4) UK series depicting the underbelly of South London life. Carol: A single mother tries to keep her family together after her sons commit an act of violence. Olivia Colman.	
12.20am Inside (2012, 16) 1.50 Below the Beltway (2010, M) 3.25 Blended (2014, M) 5.25 RoboCop (2014, M)	12.45am Terminator Salvation (2009, M) 2.40 Biography: Cate Blanchett (PG) 3.35 Heartbreakers (2001, M) 5.35 Inside Story: The Santa Clause (PG)	12.40am The Great Raid (2005, M) 2.50 Directors: Richard Donner (PG) 3.20 Don't be a Menace to South Central While Drinking Your Juice in the Hood (1996, 18) 4.50 Spawn (1997, M)	9.35 Sweet Sixteen Birthday Films The Rialto Channel celebrates its 16th birthday with a film chosen by viewers.	
			12.15am Dirty Wars (M) 1.45 Attila Marcel (2013, M) 3.30 The Trials of Muhammad Ali (M) 5.00 Run (16)	

GENERAL

Choice TV FREEVIEW 12 SKY 026

6.00 Clodagh McKenna: Fresh from the Sea **6.30**
The Dog Hotel **7.00** Love Nature: Natural World **8.00** Baz's Extreme Worlds (PGR) **8.30** Speed with Guy Martin **9.30** Carter Can **10.00** Auction Room **10.30** Trinny & Susannah's Makeover Mission Australia **11.30** Picker Sisters **12.30** Yard Crashers **1.00** Love Nature: Natural World **2.00** Yard Crashers **2.30** Fantasy Homes in the City **3.30** Better Homes and Gardens **5.00** Thai Street Food with David Thompson **5.30** Backroad Bounty **6.30** The Living Room **7.30** Eat to Live Forever with Giles Corran **8.30** The Time of Our Lives (AO) **9.30** Vexed (AO) **10.30** Backroad Bounty **11.30** Heaven's Kitchen at Large **12.30am** The Time of Our Lives (AO) **1.30** Vexed (AO) **2.30** Yard Crashers **3.00** Fantasy Homes in the City **4.00** Better Homes and Gardens **5.30** Thai Street Food with David Thompson

UKTV SKY 007

6.35 Doctor Who (PG) **7.25** Heartbeat (PG) **9.05** Pointless **9.55** 8 Out of 10 Cats (M) **10.55** The Graham Norton Show (M) **11.45** Keeping Up Appearances (PG) **2.15** Midsomer Murders (M) **4.00** New Tricks (M) **4.55** Heartbeat (M) **5.50** Banished (16) **7.00** 8 Out of 10 Cats (M) **7.30** Casualty (PG) Do the Right Thing: Wesley discovers his wife is still dealing drugs. **8.30** A Touch of Frost (M) A Minority of One: Frost is faced with the death of a police informer on a racially-tense estate. **10.20** Doc Martin (M) The Portwenn Effect: Martin makes a housecall to Stewart the park ranger and thinks everything is fine until Stewart introduces him to his friend Anthony, a 6ft red squirrel. **11.15** The Graham Norton Show (M) **12.05am** Birds of a Feather (PG) **12.30** Heartbeat (M) **1.20** Casualty (PG) **2.10** Pointless **3.00** Would I Lie to You? (PG) **3.30** Doc Martin (M) **4.25** Would I Lie to You? (PG) **4.55** New Tricks (M) **5.50** Birds of a Feather (PG)

Living SKY 008

6.00 Zoo Days (M) **6.30** Gardeners' World 2014 **7.00** Inside Asprey: Luxury by Royal Appointment **8.00** Priceless Antiques Roadshow **8.30** Big Dreams, Small Spaces **9.30** Glorious Gardens from Above



Movies Greats: Iron Man, 8.30pm

10.30 DIY SOS: The Big Build **11.30** Double Your House for Half the Money **12.30** Restoration Man (M) **1.30** Priceless Antiques Roadshow **2.00** A Place in the Sun: Winter Sun **3.00** Selling Houses with Amanda Lamb **4.00** Inside Asprey: Luxury By Royal Appointment **5.00** Holiday of My Lifetime with Len Goodman **6.00** Zoo Days (M) **6.30** Antiques Roadtrip **7.30** Escape to the Country **8.30** A Cabbie Abroad **9.30** Obsessive Compulsive Cleaners **10.30** Britain's Lost Routes **11.30** Grand Designs Australia **12.30am** Inside Asprey: Luxury by Royal Appointment **1.30** Antiques Roadtrip **2.30** Holiday of My Lifetime with Len Goodman **3.30** Escape to the Country **4.30** Grand Designs Australia **5.30** Britain's Lost Routes

Sky Arts SKY 027

7.10 Harrow **8.00** Grand Hotel (PG) **9.30** Don Giovanni **12.30** Grayson's Great Design **1.25** Braddock America (2013, G) **3.10** Harrow **4.00** The Music Room **6.00** Other Voices **6.55** Johnny Cash Song by Song: A Boy Named Sue (PG) **7.20** Dolly Parton Song by Song: It's All Wrong **7.45** Neil McCormick's Needle Time **8.30** Rockwiz **9.30** Nile Rodgers: Secrets of a Hit-Maker **10.30** Live from the Artists Den: Elvis Costello at the New York Public Library **11.30** In Conversation: Stellan Skarsgård **12.00am** The Music Room: Emma Johnson **2.00** Other Voices **2.55** Johnny Cash Song by Song (PG) **3.20** Dolly Parton Song by Song **3.45** Neil

McCormick's Needle Time **4.30** Rockwiz **5.30** Nile Rodgers: Secrets of a Hit-Maker

SoHo SKY 010

6.45 Nip/Tuck (16) **7.30** Last Week Tonight with John Oliver (16) **8.00** Veep Marathon (M) Season four of the US comedy series **1.00** Silicon Valley Marathon (M) Season two of the US comedy series **6.00** Hunted (18) UK thriller: Mort: A year after an attack, Sam Hunter returns to work with Byzantium. **7.00** Last Week Tonight with John Oliver (16) **7.30** Deadwood (16) **8.30** The Game (M) Tonight: MI5 is running out of time to piece the puzzle together and avert Operation Glass. **9.30** True Detective (18) Night Finds You: Ben Caspar's autopsy reveals the gruesome circumstances of his death, and Frank looks into his missing fortune. **10.30** Halt and Catch Fire (M) **11.15** Southern Rites (16) **12.45am** Deadwood (16) **1.35** Hunted (18) **2.35** The Game (M) **3.35** Halt and Catch Fire (M) **4.20** Southern Rites (16) **5.50** True Detective (18)

BBC World News SKY 089

6.00 BBC World News **6.15** Sport Today **6.30** The Travel Show **7.00** BBC World News **7.10** Africa Business Report **7.30** Click **8.00** World News Today **8.30** Dateline London **9.00** BBC World News **9.10** Bunkers and Brutalism **10.00** BBC World News **10.30** Our World **11.00** BBC World News **11.10** Royal Academy of Arts **Noon** BBC World News **12.10** Africa Business Report **1.00** BBC World News **1.30** Dateline London **2.00** BBC World News **2.10** Bunkers and Brutalism **3.00** BBC World News **3.30** Click **4.00** BBC World News **4.30** Our World **5.00** BBC World News **5.30** India Business Report **6.00** BBC World News **6.30** The Travel Show **7.00** BBC World News **7.10** World Features **8.00** BBC World News **8.10** World Features **8.30** Dateline London **9.00** BBC World News **9.10** Storyville Global **10.00** BBC World News **10.10** Royal Academy of Arts **11.00** BBC World News **11.30** Newsnight **12.00am** BBC World News **12.10** World Features **12.30** Talking Business **1.00** BBC World News **1.15** Sport Today **1.30** Click **2.00** BBC World News **3.10** Bunkers and Brutalism **4.00** BBC World News **4.30** India Business Report **5.00** BBC World News **5.30** Our World

SPORT**Sky Sport 1 SKY 051**

6.00 Super Rugby, final. **6.30** Cycling, Tour de France, stage one, 14km time trial. **8.30** Super Rugby, final. **11.00** Rugby, Land Rover First XV, New Plymouth Boys v Hastings Boys. **12.30** Golf Central **1.00** Super Rugby, final. **3.30** Cricket, Caribbean Premier League Twenty20, Patriots v Tallawahs. **4.30** The Time of Our Lives **5.30** Cycling, Tour de France, stage one, 14km time trial. **6.00** Super Rugby, final. **8.30** Rugby Nation **9.30** Cycling, Tour de France, stage one, 14km time trial. **10.00** Cricket, Caribbean Premier League Twenty20, Patriots v Tallawahs. **11.10** Cycling, Tour de France, stage two, 166km leg, **live.** **3.40am** Random Rugby TV **4.00** Rugby League, NRL, Sea Eagles v Sharks.

Sky Sport 2 SKY 052

6.00 Cricket, Caribbean Premier League Twenty20, Patriots v Tallawahs, **live.** **7.30** Small Blacks TV **7.50** Cricket, Caribbean Premier League Twenty20, Red Steel v Warriors, **live.** **11.30** The Time of Our Lives **12.30** Super Rugby, final. **1.00** NRL Sunday Footy Show **3.00** Rugby League, NRL, Dragons v Cowboys. **3.30** Cycling, Tour de France, stage one, 14km time trial. **4.00** FIA World Rally, day two. **4.30** Super Rugby, final. **5.00** Rugby League, NRL, Dragons v Cowboys. **5.30** Rugby League, NRL, Sea Eagles v Sharks, from Brookvale Oval, **live.** **8.00** The After Match **8.30** Rugby League, NRL, Panthers v Rabbitohs. **9.00** Rugby League, NRL, Dragons v Cowboys. **9.30** TBA **10.30** Rugby League, NRL, Sea Eagles v Sharks. **11.00** Fox Sports News **11.30** British Superbike Championship, from Knockhill, **live.** **5.00am** Cricket, Caribbean Premier League Twenty20, Red Steel v Warriors.

Sky Sport 3 SKY 053

6.00 Motorcycle Racing, FIM Speedway World C'ships, British GP, **live.** **7.00** Volvo Ocean Race **7.48** Soccer, Fifa Women's World Cup, third playoff, **live.** **10.00** Hockey, World League, women's semi-finals. **Noon** Volvo Ocean Race **12.30** Sky Sports UK News



National Geographic: Cosmos: A Spacetime Odyssey, 9.30pm

1.00 Sky Sport 365 **1.30** Cycling, Tour de France, stage one, 14km time trial. **2.00** TBA **3.00** Sky Sport 365 **3.30** Volvo Ocean Race **4.00** Canoeing, Canoe Slalom World Cup III, day one. **5.30** Cricket, Caribbean Premier League Twenty20, Trinidad and Tobago Red Steel v Guyana Amazon Warriors. **6.30** Golf Central **7.05** Motorcycle Racing, MotoGP3, Great Britain GP, race two, **live.** **8.15** Motorcycle Racing, MotoGP2, Great Britain GP, race two, from Silverstone Circuit, **live.** **9.30** Fox Sports News **10.00** FIA World Rally, day two. **10.30** Formula 1, British GP, **live.** **3.15am** #Skyspeed **3.45** The After Match **4.30** Fox Sports News **5.00** TBA

ESPN SKY 061

6.00 ESPN Original Documentaries **7.00** Snooker, 2009 Premier League. **9.00** SportsCenter **11.00** Juggling, 2014 WUF Overall C'ship. **Noon** Billiards **1.00** Darts, Eurodarts. **2.00** Competitive Eating, Hot Dog Eating Contest. **3.00** SportsCenter **4.00** Search4Hurt **4.30** ESPYs Nominations Special **5.00** Documentaries **7.00** ESPN Original Documentaries **10.00am** Competitive Eating, Hot Dog Eating Contest, **live.** **2.00** Poker, 2014 Classics **4.00** Outside the Lines **4.30** The Sports Reporters **5.00** NHRA Drag Racing Series, Thunder Valley Nationals.

DOCUMENTARIES**Discovery SKY 070**

6.00 Dukes of Haggis (M) **6.30** MythBusters (PG) **8.30** Alaskan Bush People (M) **9.30** Epic Bar Builds (PG) **10.30** X-Ray Mega Airport **11.30** Ice Cold Gold (PG) **12.30** Brothers in Blood the Lions of Sabi Sand (M) **2.30** Big Fish Man (PG) **3.30** Bering Sea Gold (PG) **4.30** Dual Survival (M) **5.30** Naked and Afraid (M) **6.30** How the Universe Works **7.30** The Great Human Odyssey (PG) Rise of a Species: A look at the history of our species. **8.30** NASA's Unexplained Files Lethal Weapons: A look at the mysteries of space. **9.30** Manhunt (PG) Mongolia: Joel Lambert is on a real-life chase against military teams. **10.30** Epic Bar Builds (PG) **11.30** NASA's Unexplained Files **12.30am** MythBusters (PG) **1.30** Dirty Jobs (PG) **2.30** Dukes of Haggis (M) **3.00** Deadliest Catch (PG) **4.00** Man vs Wild (PG) **5.00** Dirty Jobs (PG)

National Geographic SKY 072

6.00 Britain's Underworld (M) **6.30** Battleground Brothers (M) **7.30** The Indestructibles (M) **8.30** Alaska Wing Men (M) **9.30** Car SOS (PG) **11.30** Tales by Light (PG) **Noon** Restrepo: The Deadliest Outpost (M) **2.00** Cabin Fever (PG) **3.00** Innovation Nation (PG) **4.00** Building Wild (PG) **5.00** Crowd Control (PG) **5.30** Wicked Tuna (M) **6.30** The Australian 90s (PG) **8.30** StarTalk (M) Norman Lear: Presented by Neil deGrasse Tyson. **9.30** Cosmos: A Spacetime Odyssey (PG) The Electric Boy: Michael Faraday, a child of poverty, grew up to invent the motor and the generator. **10.30** Science of Stupid (M) **11.00** Hacking the System (PG) **11.30** Air Crash Investigations (PG) **12.30am** Cabin Fever (PG) **1.30** Building Wild (PG) **2.30** Survive the Tribe **3.30** Cold Water Gold (M) **4.30** Drugs Inc. (M) **5.30** Dead End Express (M)

History SKY 073

6.00 Henry VIII's Enforcer (PG) **6.30** Lincoln@Gettysburg (PG) **7.30** Mysteries at the Museum (PG) **8.30** Canada Over the Edge (PG) **9.30** Cash in the Attic **10.30** After Braveheart (PG) **11.30** Blood and Glory: The Civil War (PG) **12.30** Henry VIII's Enforcer (PG) **1.30** Lincoln@Gettysburg (PG) **2.30** Mysteries at the Museum (PG) **3.30** The Civil War by Ken Burns **4.30** Great Mysteries and Myths (PG) **5.00** The Wild West with Ray Mears (PG) **5.30** The World from Above (PG) **6.00** Britain's Best Canals with John Sergeant (PG) **6.30** Return of the Black Death (PG) **7.30** Henry VIII: The Mind of a Tyrant (PG) **8.30** Three Men Go to New England (PG) **9.30** Hidden Histories: WWI's Forgotten Photos (PG) **10.30** The Great Commanders (PG) **11.30** The Rise of the Nazi Party (M) **12.30am** Dogfights (PG) **1.30** The Russian Front (PG) **2.30** Secrets of War (M) **3.30** Henry VIII: The Mind of a Tyrant (PG) **4.30** Three Men Go to New England (PG) **5.30** Hidden Histories: WWI's Forgotten Photos (PG)

BBC Knowledge SKY 074

6.00 Mud, Sweat & Gears (M) **6.30** Top Gear Marathon (PG) **12.30** Who Do You Think You Are? (PG) **5.35** Top Gear (PG) **6.35** Liberty of London (PG) **7.35** The Royal Marines (M) **8.30** Louis Theroux's Weird Weekends (PG) Christianity: Louis Theroux infiltrates the world of born-again Christian evangelists. **9.30** Louis Theroux's Weird Christmas (16) Louis is reunited with some of the people he met in earlier episodes of his documentary series Weird Weekends. **10.35** Top Gear (M) Celebrity guest is Hugh Bonneville. **11.45** Liberty of London (PG) **12.45am** The Royal Marines (M) **1.35** Louis Theroux's Weird Weekends (PG) **2.25** Louis Theroux's Weird Christmas (16) **3.25** Who Do You Think You Are? (PG)

RADIO**RNZ National**

FREEVIEW 50 SKY 421 iHeartRADIO

6.08 Storytime (RNZ) (storytime@radionz.co.nz)

7.08 Sunday Morning with Wallace Chapman Including: 7.43 The Week in Parliament (RNZ); 8.10 Insight (RNZ); 9.06 Mediawatch (RNZ) (sunday@radionz.co.nz)

12.12 Spectrum Today: One Woman One Ambulance (RNZ) (spectrum@radionz.co.nz)

12.40 Standing Room Only with Lynn Freeman Including: 3.04 The Drama Hour (standingroomonly@radionz.co.nz)

4.06 The Sunday Feature: The Rainbow Warrior – A Game Changer? (RNZ)

5.00 The 5 O'clock Report

5.11 Spiritual Outlook (RNZ) (spiritual@radionz.co.nz)

5.40 Te Waonui a Te Manu Korihi (RNZ)

6.06 Te Ahi Kaa (RNZ) (teahikaa@radionz.co.nz)

7.06 One in Five (RNZ) (oneinfive@radionz.co.nz)

7.35 Voices (RNZ) (voices@radionz.co.nz)

7.45 The Week in Parliament (RNZ)

8.06 Sounds Historical with Jim Sullivan (RNZ) (history@radionz.co.nz)

10.12 Mediawatch (RNZ) (mediawatch@radionz.co.nz)

11.04 Noise: A Human History – The Rise of the Machines (5 of 6, BBC)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 At the Movies with Simon Morris (RNZ); 1.05 Te Ahi Kaa; 2.30 NZ Music Feature (RNZ); 3.05 Head in the Clouds: A Hartley Manners Story, by Matthew O'Sullivan (1 of 5, RNZ); 3.30 Science (RNZ); 5.10 War Report (RNZ)

Details available at radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00, 8.00, 9.00am, noon, 3.00, 6.00, 11.00pm

6.00 Sanctuary Music for the spirit and soul

7.30 Hymns on Sunday (RNZ)

8.00 Grace Notes

9.00 Composer of the Week Aaron Copland (1900-90) (RNZ) See page 72

10.00 Brilliant Brass (5 of 6, RNZ)

11.00 The Works

Noon The Critic's Choice

1.00 Vintage Years

2.00 The Sunday Feature

3.00 Young New Zealand 26th Gisborne International Music Competition 2014 (3 of 4, RNZ)

4.10 The Arthur Legends

5.00 New Horizons (5 of 10, RNZ)

6.00 Opera on Sunday Euroradio Opera Season. Kristine Opolais, Markus Eiche, Bavarian State Opera Chorus and Orch/Alain Altinoglu – Puccini's Manon Lescaut (German Radio, Munich)

8.15 Works from Literature

9.00 From the New Zealand Collection

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Best of Mike Hosking/Leighton Smith 7.00 Ruud's Awakening 8.00 Daniel McHardy: Sport Power Hour 9.00 Andrew Dickens: Sunday Café Noon Tony Veitch: Veitch on Sport 6.00 Jax & Sam: Total Recall 7.30 John Cowan: Real Life 8.00 Pam Corkery, Tim Roxborough: The Two 11.00 Mike King: The Nutters Club 1.00am – 6.00 Gary Denair: Open-line Talkback

TV1 FREEVIEW 1 SKY 001

- 6.00 Breakfast**
9.00 Good Morning
10.00 There's No Taste Like Home (G, R)
11.00 House Gift (G, R)
Noon ONE News (C)
12.30 Emmerdale (C) Today: Chrissie's out for retribution; David has second thoughts about moving away; and Sam is troubled by Rachel's nightmares.
- 1.30 Coronation Street** (PGR, R, C, AD) Today: Paul attacks Lloyd; Izzy and Gary face the realities of parenthood and David enters another phase of his master plan.
- 2.00 Come Dine with Me** (G, C) Enfield: Five contestants each host a dinner party.
- 2.55 Tipping Point** (G) Hosted by Ben Shephard.
- 3.55 Te Karere (C)**
4.25 The Chase (G, C)
5.25 Millionaire Hot Seat (G, C)
6.00 ONE News (C)
7.00 Seven Sharp (C)
7.30 Border Security: International (C) Tonight: A passenger arrives with several bags she claims are not hers, all of which test positive for traces of narcotics, and a couple are separated at the border by Immigration.
- 8.00 The Force** (PGR, C) Tonight: "Cujo the killer dog" causes a scene in Belmont, Western Australia, and the NSW Fraud Squad investigate a young man who has been using stolen credit cards to purchase goods on the internet.
- 8.30 Criminal Minds** (AO, C, AD) Boxed In: In San Diego, a boy who disappeared at Halloween reappears just as another lad goes missing.
- 9.25 ■ Forever** (AO, C, AD) The Last Death of Henry Morgan: After a priceless dagger goes missing and a museum worker is murdered, Henry and Jo investigate, and for Henry the case takes an unexpected twist when it becomes evident his old nemesis had a vested interest in the artefact in question.
- 10.30 ONE News Tonight (C)**
11.00 The Following (AO, R, C) New Blood: Ryan's newfound happiness is shattered when a series of brutally staged crime scenes force him and his team to unravel a twisted web of violence.
- 12.00am - 6.00 Tennis** Wimbledon Championships, day seven live from London. Play past 6.00am will continue streaming live on tvnz.co.nz/wimbledon.

TV2 FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar Ministries**
6.30 Tiki Tour (G, R, HD, C)
6.50 The Looney Tunes Show (G, R, C)
7.20 Robot and Monster (G, R, C)
7.45 Generator Rex (G, R, C)
8.15 The Adventures of Chuck and Friends (G, R, C)
8.35 Handy Manny (G, R, C)
9.00 Infomercials
10.30 Neighbours (G, R, C)
11.00 Home and Away (R, C)
11.30 Shortland Street (PGR, R, HD, C, AD)
Noon Cougar Town (PGR, R, C)
12.30 Full House (G, R, C)
1.00 ■ Where the Wild Things Are (2009, PGR, R, C) Based on Maurice Sendak's story. Max Records. **Films, page 70**
- 3.00 The Fresh Prince of Bel Air** (G, R, C)
3.30 Looped (G, C)
4.00 Mako Mermaids (C)
4.30 The 4.30 Show (G) Today: Brock catches up with Revere; Shortland Street star Richard Osbourne answers Snapchat questions; and Eve takes over a part-time job.
- 5.00 America's Funniest Home Videos** (G, C)
5.30 Home and Away (C)
6.00 Friends (G, R, C)
6.30 Neighbours (G, C) Tonight: Brennan punishes Tyler for his crimes, and Paige's plan to reunite her parents is exposed.
- 7.00 Shortland Street** (PGR, HD, C, AD) Tonight: TK looks at the man in the mirror; Pixie finds her courage from others; and Dayna can't defend her failures. Writers Paul Hagan and Karen Curtis, director Simon Bennett.
- 8.00 My Kitchen Rules (C)** Tonight: Two teams are going from the garden to the pantry, as they try to redeem themselves in the Sudden Death elimination.
- 9.15 ■ Tabatha Takes Over (C)** Chill: Hairdresser Tabatha Coffey sorts out struggling businesses. Tonight: Chill, a yoghurt store in Ventura, is failing miserably.
- 10.15 Schitt's Creek (C)** Surprise Party: Johnny tries to arrange a surprise birthday party for Moira, who unwittingly takes over the planning of her own party.
- 10.45 20/20 (C)**
11.15 Benched (AO)
11.45 Samantha Who? (AO, R, C)
12.15am Go Girls (AO, R, HD, C)
1.10 ■ Family Tools (PGR, R)
1.35 Infomercials
2.35 The Real
3.25 ■ Twisted (G, R)
4.15 Win Lose or Draw (G)
4.40 The 4.30 Show (R)
5.05 Neighbours (G, R, C)
5.30 - 6.00 Infomercials

TV3 FREEVIEW 3 SKY 003

- 6.00 Paul Henry**
9.00 Infomercials
10.30 The Bold and the Beautiful (PGR, HD)
11.00 Rachael Ray (G, R, HD)
Noon 3 News
12.30 Baggage (PGR, R, HD)
1.00 Dr Phil (PGR, R, HD) Today: Cold Case Mystery - A Family Divided.
- 2.00 The Ricki Lake Show** (PGR, HD)
3.00 The Real Housewives of New Jersey
4.00 Million Dollar Minute (G, R)
4.30 Bondi Vet (G, R, HD, C)
5.00 Entertainment Tonight (G)
The Simpsons (G, R, HD, C)
6.00 3 News
7.00 Come Dine with Me NZ (PGR, HD) Tonight: A vegetarian German is hosting a midwinter, lavender-coloured picnic.
- 7.30 The Embassy** (HD) Tonight: A young couple are caught in a scam during their dream wedding in Thailand.
- 8.00 Dancing with the Stars NZ** (G, HD) Tonight: Another couple leave the ballroom.
- 8.30 Married at First Sight** (G, HD) Australian reality series in which four couples meet for the first time at their wedding.
- 9.30 Reality Trip** (PGR, HD) Tonight: In Sri Lanka, the five Kiwis go mining for gems.
- 10.30 Newsworthy**
11.00 Sons of Anarchy (AO, R, HD, C)
12.35am Infomercials
5.30 - 6.00 City Impact Church (R)



TV1: Forever, 9.25pm

PRIME FREEVIEW 10 SKY 004

- 6.00 Home Shopping**
6.30 The Crowd Goes Wild (G, R)
7.00 Deal or No Deal (G, R)
7.30 Home Shopping
Noon The Doctors (PGR)
1.00 The Tonight Show Starring Jimmy Fallon (PGR, R)
2.00 Scorpion (PGR, R)
3.00 Storage Wars: New York (PGR, R)
3.30 Whose Line is it Anyway USA (PGR, R)
4.00 Gordon Ramsay: Ultimate Cookery Course (G, R)
4.30 Hot Bench (G)
5.00 Deal or No Deal (G)
5.30 Prime News
6.00 Escape to the Country (G, R)
7.00 The Crowd Goes Wild (G)
7.30 Animal Airport (G)
8.00 Bondi Rescue (PGR)
8.30 60 Minutes (PGR)
9.30 Mayday (PGR)
10.30 The Tonight Show Starring Jimmy Fallon (PGR)
11.30 The Crowd Goes Wild (G, R)
12.00am Home Shopping
1.30 The Crowd Goes Wild (G, R)
2.00 - 6.00 Home Shopping

FOUR FREEVIEW 4 SKY 012

- 6.00 Children's Programmes**
9.50 Infomercials **2.00 Sesame Street** (G, R, HD) **2.55 Pingu** (G, R) **3.00 Sticky TV** (G) **5.05 Punk'd** (G, R) **5.30 Life's Funniest Moments** (G) **6.00 Malcolm in the Middle** (G, R, C) **6.30 How I Met Your Mother** (G, R, HD) **7.00 The Simpsons** (G, R, C) **7.30 New Girl** (PGR, R, HD) Dice: Schmidt tutors Jess in the not-so fine art of dating via mobile apps. **8.00 The Goldbergs** (PGR, R, HD) For Your Own Good: Murray is on the warpath. **8.30 ■ Community** (PGR, HD) Wedding Videography: Abed films a wedding when Garrett gets married to a classmate to whom he shares a surprising connection. **9.00 ■ Parks and Recreation** (PGR, R) Moving Up (Part 2): The Unity Concert gets underway. **9.30 ■ Us & Them** (AO, R, HD) **10.00 ■ Bad Teacher** (PGR, R, HD) What's Old Is New: Meredith struggles to respond to her ex-husband's renewed interest. **10.25 ■ The Glades** (AO, R, HD) Family Matters: Jim has a potential mob war on his hands. **11.20 Entertainment Tonight** (G) **11.45 - 6.00am Infomercials**

MAORI FREEVIEW 5 SKY 019

- 6.30 Children's Programmes** (G, R)
8.00 Iwi Anthems (G, R)
8.30 Te Kaea (R)
9.00 Unsung Heroes of Maori Music (G, R)
9.30 Kai Time on the Road (G, R)
10.00 Korero Mai (G, R)
11.00 Toku Reo (G, R)
Noon Korero Mai (G, R)
1.00 Toku Reo (G, R)
2.00 Pacific Games 2015
3.00 Kai Time on the Road (G, R)
3.30 Children's Programmes (G, R)
5.30 Te Kaea
6.00 Nga Pari Karangaranga (G)
6.30 Ako (G)
7.00 Te Kaea (R)
7.30 Te Matatini 2015 (G)
8.00 ■ Waka Warriors (G) Three rangatahi vie for a place on a fleet of voyaging canoes.
Native Affairs
9.30 Silent Soldiers (AO) Documentary about Te Kimiti Gilbert, who works clearing mines in Cambodia.
- 10.30 Find Me a Maori Bride** (PGR, R)
11.00 - 11.30 Te Kaea (R)

SKY PREMIERE SKY 030	MOVIES GREATS SKY 033	MOVIES CLASSICS SKY 034	RIALTO SKY 039
7.20 The Hundred-Foot Journey (2014, PG) Helen Mirren. 9.25 Non-Stop (2014, M) Liam Neeson. 11.10 Inside (2012, 16) Luke Goss. 12.40 RoboCop (2014, M) Joel Kinnaman. 2.40 The Hundred-Foot Journey (2014, PG) Helen Mirren. 4.45 22 Jump Street (2014, M) Channing Tatum. 6.35 Chasing Mavericks (2012, PG) Gerard Butler. 8.30 As Above, So Below (M) A team of explorers ventures into the vast catacombs under Paris where they uncover the dreadful secret of the Empire of Death. Ben Feldman, Edwin Hodge. 10.10 No Good Deed (2014, 16) A devoted wife and mother's life takes a dramatic turn. Idris Elba. 11.35 Bad Blood (2014, 16) A girl becomes trapped in her uncles' drug business. Abigail Breslin. 1.00am 22 Jump Street (2014, M) 3.00 No Good Deed (2014, 16) 4.25 Bad Blood (2014, 16) 5.55 BAFTA: A Life in Pictures (PG)	7.05 Bruce Almighty (2003, M) Jim Carrey. 8.45 Iron Man (2008, M) Robert Downey Jr. 10.50 Iron Man 2 (2010, M) Robert Downey Jr. 12.55 Man on a Ledge (2012, M) Sam Worthington. 2.40 Terminator Salvation (2009, M) Christian Bale. 4.35 17 Again (2009, PG) Zac Efron. 6.15 Defiance (2009, M) Based on the story of a group of Belarusian refugees who hid from the Nazis in Naliboki forest. Daniel Craig, Liev Schreiber, Jamie Bell. 8.30 Fast Five (2011, M) A crew of street racers plans a heist as they deal with the attentions of a drug lord and a federal agent. Vin Diesel, Paul Walker. 10.40 Johnny English (2003, PG) A cowardly British secret agent uncovers a conspiracy. Rowan Atkinson. 12.05am Gone Baby Gone (2007, 16) 1.55 17 Again (2009, PG) 3.35 Defiance (2009) 5.50 Johnny English (2003, PG)	6.30 The Last of the Mohicans (1992, PG) Daniel Day Lewis. 8.20 The Gumball Rally (1976, PG) Normann Burton. 10.05 Directors: Richard Donner (PG) 10.35 The Tin Star (1957, PG) Henry Fonda. 12.10 The Incredible Mr Limpet (1964, G) Don Knotts. 1.50 Inside Story: Dances with Wolves (PG) 3.20 Uncommon Valor (1983, M) Gene Hackman. 5.05 10 to Midnight (1983, 16) Charles Bronson. 6.45 Crimes of the Heart (1986, PG) Three sisters reunite when tragedy strikes. Diane Keaton, Jessica Lange. 8.30 Pacific Heights (1990, M) A couple struggle to evict their unhinged tenant. Melanie Griffith. 10.15 LA Story (1991, PG) Steve Martin, Victoria Tennant. 11.50 Pet Sematary II (1992, 16) Edward Furlong. 1.30am National Lampoon's Senior Trip (1995, M) 3.00 Forced Vengeance (1982, 18) 4.30 Uncommon Valor (1983, M)	6.05 Siddharth (2013, M) Rajesh Tailang. 7.40 Wild Horse, Wild Ride (2011, PG) US documentary. 9.30 Night Moves (2013, M) Jesse Eisenberg. 11.20 Harry Dean Stanton: Partly Fiction (2012, M) US documentary. 12.35 Bright Days Ahead (2013, M) Fanny Ardant. 2.10 28 Hotel Rooms (2012, 16) Marin Ireland. 3.30 Greetings from Tim Buckley (2012, M) Penn Badgley. 5.15 Looking for Hortense (2012, M) Jean-Pierre Bacri. 6.55 In a World ... (2013, 16) Lake Bell. 8.30 Two Lives (2012, M) Based on the stories of Norwegian war children in Germany. Julianne Kohler, Liv Ullmann. 10.10 Nymphomaniac: Vol 1 (2013, 18) Charlotte Gainsbourg. 12.05am Tabu (2012, M) 2.00 28 Hotel Rooms (2012, 16) 3.20 Friday Tigers (2012, 16) 3.40 Nymphomaniac: Vol 1 (2013, 18) 5.35 Greetings from Tim Buckley (2012, M)

GENERAL

Choice TV FREEVIEW 12 SKY 026

6.00 Benny Hinn **6.30 Yard Crashers** **7.00** Thai Street Food with David Thompson **7.30** The Living Room **8.30** Eat to Live Forever with Giles Corran **9.30** Fantasy Homes in the City **10.30** Better Homes and Gardens **Noon** Backroad Bounty **1.00** The Living Room **2.00** Eat to Live Forever with Giles Corran **3.00** Heaven's Kitchen at Large **4.00** Love Nature: Natural World **5.00** Jamie at Home **5.30** Poh's Kitchen **6.00** Salvage Hunters **7.00** Beverly Hills Pawn **7.30** Metropolis (PGR) **8.30** Chris Tarrant: Extreme Railways **9.30** Long Way Down **10.30** Beverly Hills Pawn **11.00** Jamie at Home **11.30** Poh's Kitchen **12.00am** Yard Crashers **12.30** Benny Hinn **1.00** Heaven's Kitchen at Large **2.00** Love Nature: Natural World **3.00** Salvage Hunters **4.00** Metropolis (PGR) **5.00** Chris Tarrant: Extreme Railways

UKTV SKY 007

6.15 8 Out of 10 Cats (M) **6.45** Big School (M) **7.15** Keeping Up Appearances (PG) **7.45** The Bill (M) **8.35** The Graham Norton Show (M) **9.25** Pointless **10.15** Scott & Bailey (M) **11.05** The Bill (M) **11.55** Would I Lie to You? (PG) **12.25** Keeping Up Appearances (PG) **12.55** 8 Out of 10 Cats (M) **1.25** The Graham Norton Show (M) **2.15** Prime Suspect (M) **4.10** The Bill (M) **5.05** Scott & Bailey (M) **6.00** Pointless **6.55** EastEnders (PG) **7.25** QI (M) Hosted by Stephen Fry. **8.00** 8 Out of 10 Cats (M) Hosted by Jimmy Carr. **8.30** New Tricks (M) Where There's Smoke: The unit looks into a fire that claimed the life of a gangster. **9.25** Death in Paradise (M) Wicked Wedding Night: Desperately searching for a decent cup of tea in the wake of his "exile", DI Poole is distracted by a new case. **10.25** The Office (M) **10.55** Would I Lie to You? (PG) **11.25** The Graham Norton Show (M) **12.10am** The Bill (M) **1.05** Pointless **1.55** Keeping Up Appearances (PG) **2.25** Prime Suspect (M) **4.20** 8 Out of 10 Cats (M) **4.50** The Syndicate (16) **5.45** Would I Lie to You? (PG)

Living SKY 008

6.00 Britain's Lost Routes **6.30** May the Best House Win **7.30** Obsessive Compulsive Cleaners **8.30** A



Movies Greats: **Defiance**, 6.15pm

Cabbie Abroad **9.30** The Nate Berkus Show **10.30** Holiday of My Lifetime with Len Goodman **11.30** Antiques Roadtrip **12.30** Escape to the Country **1.30** Priceless Antiques Roadshow **2.00** Obsessive Compulsive Cleaners **3.00** DIY SOS: The Big Build **4.00** A Cabbie Abroad **5.00** Bargain Hunt **6.00** Zoo Days (M) **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Grand Designs **9.30** The Great Interior Design Challenge **10.30** Restoration Man (M) **11.30** DIY SOS: The Big Build **12.30am** Bargain Hunt **1.30** Antiques Roadshow **2.30** Homes Under the Hammer **3.30** Restoration Man (M) **4.30** DIY SOS: The Big Build **5.30** Bargain Hunt

Sky Arts SKY 027

6.30 Live from the Artists Den **7.30** In Conversation: Stellan Skarsgard **8.00** The Music Room: Leif Ove Andsnes **10.00** Other Voices **10.55** Johnny Cash Song by Song (PG) **11.20** Dolly Parton Song by Song **11.45** Neil McCormick's Needle Time **12.30** Rockwiz **1.30** Nile Rodgers: Secrets of a Hit-Maker **2.30** Live from the Artists Den **3.30** In Conversation **4.00** First Tuesday Book Club **5.00** Ochre and Ink (G) The story of artist Zhou Xiaoping and his 23-year collaboration with Aboriginal artists. **5.30** Movie Stars: Will Smith **6.00** Leonardo: Inside the Mind of a Genius **7.30** Buren and the Guggenheim **8.30** Shakespeare Uncovered: Othello with David Harewood **9.15** First Passion **10.15** Certainty (2011, G) **12.00am** First Tuesday Book Club **1.00** Ochre

and Ink **1.30** Movie Stars **2.00** Leonardo: Inside the Mind of a Genius **3.30** Buren and the Guggenheim **4.30** Shakespeare Uncovered **5.15** First Passion

SoHo SKY 010

6.50 Nip/Tuck (16) **7.40** Halt and Catch Fire (M) **8.25** Deadwood (16) **9.15** The Game (M) **10.15** Justified (M) **11.00** True Detective (18) **Noon** Southern Rites (2015, 16) **1.30** Deadwood (16) **2.30** Hunted (18) **3.30** Halt and Catch Fire (M) **4.30** The Game (M) **5.30** True Detective (18) Maybe Tomorrow: Ani lets Ray know she's in charge after he goes rogue, even though he stumbles on crucial evidence. **6.30** Justified (M) **7.30** True Detective (18) **8.30** True Detective (18) **9.30** Nightingale (2014, 16) A lonely war veteran unravels ahead of an old friend's impending visit. David Oyelowo. **Films**, **page 70** **11.00** Justified (M) The I of the Storm: A shipment of prescription painkillers is hijacked. **11.45** Deadwood (16) **12.35am** Episodes (16) **1.35** Happyish (16) **2.05** True Detective (18) **4.05** Nightingale (2014) **5.35** Justified (M)

BBC World News SKY 089

6.00 BBC World News **6.15** Sport Today **6.30** Talking Business **7.00** BBC World News **7.10** World Features **8.00** World News Today **9.00** BBC World News **9.10** Storyville Global **10.00** Newsday **10.30** Asia Business Report **10.45** Sport Today **11.00** Newsday **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** BBC World News **1.30** Asia Business Report **1.45** Sport Today **2.00** BBC World News **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** HARDtalk **4.00** BBC World News **4.30** World Business Report **4.45** BBC World News **5.30** World Business Report **5.45** BBC World News **6.00** BBC World News **6.30** BBC World News **6.45** World Business Report **7.00** BBC World News **7.30** BBC Business Live **8.00** BBC World News **8.30** HARDtalk **9.00** BBC World News **9.30** World Business Report **9.45** Sport Today **10.00** BBC World News **11.00** GMT **12.30am** World Business Report **12.45** Sport Today **1.00** Impact **2.30** HARDtalk **3.00** Global **4.30** World Business Report **4.45** Sport Today **5.00** Outside Source **5.30** BBC Focus on Africa

SPORT

Sky Sport 1 SKY 051

6.00 Cycling, Tour de France, stage two, 166km leg. **8.00** Motorcycle Racing, MotoGP2, Great Britain GP, race two. **9.00** Hockey, World League, men's semi-finals. **11.00** Formula 1, British GP, race nine. **11.30** British Superbike C'ship. **12.30** FIA World Rally, day three. **1.00** Cycling, Tour de France, stage two, 166km leg. **1.30** Basketball, NBL, final, replay. **3.30** The After Match **4.00** Rugby Nation **5.00** Super Rugby, final. **5.30** Volvo Ocean Race **6.00** Cycling, Tour de France, stage two, 166km leg. **6.30** Golf Central **7.30** Rugby Nation **8.30** Super Rugby, final. **11.05** Cycling, Tour de France, stage three, 160km ride to Huy. **live.** **4.00am** Athletics, IAAF Diamond League. **5.00** Canoeing, Canoe Slalom World Cup III, day two.

Sky Sport 2 SKY 052

6.00 Fishing and Adventure **6.30** Volvo Ocean Race **7.00** Rugby Nation **8.00** Canoeing, Canoe Slalom World Cup III, day two. **9.00** Super Rugby, final. **9.30** Random Rugby TV **9.50** Rugby Nation **10.48** Soccer, Fifa Women's World Cup, final, **live.** **1.30** Super Rugby, final. **2.00** Cricket, Caribbean Premier League Twenty20, Saint Kitts and Nevis Patriots v Jamaica Tallawahs. **3.00** Cycling, Tour de France, stage two, 166km leg. **3.30** Canoeing, Canoe Slalom World Cup III, day two. **4.30** Athletics, IAAF Diamond League. **6.30** **TBA** **7.00** Fox Sports News **8.00** Rugby League, NRL, Sea Eagles v Sharks. **8.30** Rugby League, NRL, Tigers v Eels, from ANZ Stadium, Sydney, **live.** **11.00** Monday Night with Matty Johns **12.00am** AFL, Fremantle Dockers v Brisbane Lions. **3.00** Fox Sports News **3.30** The Crowd Goes Wild **4.00** Fifa Women's World Cup, final. **4.30** **TBA** **5.00** Rugby Nation

Sky Sport 3 SKY 053

6.00 Super Rugby, final. **6.30** Formula 1, British GP. **9.00** Motorcycle Racing, MotoGP2, Great Britain GP, race two. **10.00** Motorcycle Racing, MotoGP3, Great Britain GP, race two. **11.00** Nascar Sprint Cup,



BBC Knowledge: James May's Things You Need to Know, 8.00pm

Coke Zero 400, **live.** **3.00** Nascar Xfinity, Subway Firecracker 250. **4.00** Motor Racing, Formula 1, British Grand Prix, race nine. **4.30** FIA World Rally, day three. **5.00** Fishing and Adventure **5.30** British Superbike C'ship. **6.30** FIA World Rally, day three. **7.00** Formula 1, British Grand Prix, race nine. **7.30** Nascar Xfinity, Subway Firecracker 250. **8.30** Nascar Sprint Cup, Coke Zero 400. **9.30** **TBA** **10.00** Athletics, IAAF Diamond League. **11.00** Golf Central **12.00am** Rugby Nation **1.00** NRL, Tigers v Eels. **1.30** UK Super League, Wigan Warriors v Warrington Wolves. **2.00** UK Super League, Leeds Rhinos v St, Helens. **2.30** NRL, Tigers v Eels. **4.30** Monday Night with Matty Johns **5.30** The After Match

ESPN SKY 061

6.00 Motor Racing, NHRA Drag Racing Series, Thunder Valley Nationals. **8.00** World of X Games **10.00** SportsCenter **10.30** Baseball Tonight **11.30** MLB All-Star Selection Show **Noon** Baseball, MLB, **live.** **3.00** SportsCenter **6.00** World Series By Renault. **7.00** Motor Racing, NHRA Drag Racing Series, Thunder Valley Nationals. **10.00** ESPN FC **11.00** ESPN Original Documentaries **1.00am** SportsCenter **2.00** Baseball, MLB. **4.00** SportsCenter

DOCUMENTARIES

Discovery SKY 070

6.00 Dukes of Haggis (M) **6.30** Deadliest Catch (PG) **7.30** Gold Rush (PG) **8.30** MythBusters (PG) **9.30** Deadliest Catch (PG) **11.30** Dates from Hell (M) **12.30** Redrum (M) **1.30** Who the (Bleep) Did I Marry? (M) **2.30** How It's Made (PG) **3.30** Gold Rush (PG) **4.30** Big Fish Man (PG) **5.30** MythBusters (PG) **6.30** Epic Bar Builds (PG) Bayou And Tarantula Bar: Aaron and Mike head down to Louisiana to build a custom bayou bar. **7.30** Auction Hunters **8.30** MythBusters (PG) Mini Myth Medley: The boys try to ride a bike underwater. **9.30** NASA's Unexplained Files **10.30** How It's Made (PG) **11.30** Gold Rush (PG) **12.30am** Deadly Devotion (M) **1.30** House of Horrors: Kidnapped (M) **2.30** Dukes of Haggis (M) **3.00** Deadliest Catch (PG) **4.00** Man vs Wild (PG) **5.00** Dirty Jobs (PG)

National Geographic SKY 072

6.00 Dead End Express (M) **6.30** Air Crash Investigations (PG) **7.30** Wicked Tuna (M) **8.30** The Australian 90s (PG) **10.30** Cold Water Gold (M) **11.30** Science of Stupid (M) **Noon** The Big Picture with Kal Penn (PG) **12.30** Air Crash Investigations (PG) **1.30** Dead End Express (M) **2.30** Situation Critical **3.30** The Australian 90s (PG) **5.30** Street Genius (PG) **6.00** Hacking the System (PG) **6.30** Brain Games (PG) **7.00** Science of Stupid (M) **7.30** Outback Rangers (PG) **8.30** Yukon River Run (M) Profit or Peril: On Alaska's Yukon River, three crews build giant log rafts. **9.30** Prospectors (PG) **10.30** Yukon Gold (M) **11.30** Air Crash Investigations (PG) **12.30am** Prospectors (PG) **1.30** Vinnie Jones: Russia's Toughest (M) **2.30** Ancient X-Files (PG) **3.30** Alien Deep with Bob Ballard **4.30** Britain's Greatest Machines **5.30** Street Genius (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Mana Korihis News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan

Including: 10.45 The Reading: I Am Not Esther, by Fleur Beale, read by Hana Pomare (1 of 10, RNZ) (nineetonoon@radionz.co.nz)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

Information and debate, people and places around NZ (afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora (RNZ)

Discussion featuring a range of panellists from right along the opinion spectrum (thepanel@radionz.co.nz)

5.00 Checkpoint (checkpoint@radionz.co.nz)

7.06 Nights with Bryan Crump Including: 8.13 Windows on the World; 9.30 Insight (RNZ) (nights@radionz.co.nz)

10.00 News and Late Edition

11.06 Blues Unlimited Exploring the wonderful world of the Blues and its history, heritage and rich cultural traditions (9 of 12, PRX)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 Spectrum (RNZ); 1.05 From the World (RNZ); 2.05 Night Lights Classic Jazz: Autumn Serenades (8 of 12, WFU); 3.05 Head in the Clouds: A Hartley Manners Story, by Matthew O'Sullivan (2 of 5, RNZ); 3.30 An Author's View (RNZ); 5.10 Witness (BBC)

Details available at radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week: Aaron Copland (1900-90) **See page 72**

10.00 Weekday Classics with Clarissa Dunn

Including: Works by Fesca, Beck, Brahms and Rimsky-Korsakov; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat with Eva Radich Music news and current affairs (RNZ)

3.00 Classic Afternoons with David Morris

Including: CD Masters; 4.00 Made in New Zealand

7.00 Composer of the Week Matthew Crawford presents an overview of the American composer Aaron Copland (1900-90) (RNZ) **See page 72**

8.00 Music Alive Jayne Tankersley (sop), Bianca Andrew (mezzo), Christopher Hillier (bar), Matthew Ross (vln), Jane Young (cello), Voices NZ, Orchestra Wellington/Karen Grylls - Fauré: Requiem Op 48; Duruflé: Requiem Op 9 (RNZ)

9.25 Sons of Bach Works by CPE, WF and JC Bach

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **8.30** Leighton Smith **Noon** Danny Watson **4.00** Larry Williams **7.00** Mark Watson **Sportstalk** **8.00** Kerre McIvor **Talkback** **12.00am** Bruce Russell **Talkback** **5.00 - 6.00** Rachel Smalley

TV1	TV2	TV3	
6.00 Breakfast 9.00 Good Morning 10.00 There's No Taste Like Home (G, R) 11.00 House Gift (G, R) Three interior designers try find the perfect gift for a home. Noon ONE News (C) 12.30 Emmerdale (C) Chrissie is distraught when Lachlan goes missing; Rakesh admits his jealousy to Priya; and Rachel is convinced Sam and Jai are hiding something from her. 1.30 Coronation Street (R, C, AD) David hatches the coup de grace for Leanne and Nick; Paul is contrite after attacking Lloyd; and Gary feels increasingly left out. 2.00 Come Dine with Me (PGR, C) Five contestants each host a dinner party. 2.55 Tipping Point (G) Hosted by Ben Shephard. 3.55 Te Karere (C) 4.25 The Chase (G, C) UK gameshow in which teams answer quick-fire questions. 5.25 Millionaire Hot Seat (C) Hosted by Eddie McGuire. 6.00 ONE News (C) 7.00 Seven Sharp (C) With Pippa Wetzell and Mike Hosking. 7.30 Dog Squad (PGR, C) Tonight: Tauranga Delta dog team Kayne and Yoda track down a serial arsonist and deadly weapons at Spring Hill and DoC dog Yuki sniffs out some Takahe chicks. 8.00 Keeping Up with the Kaimanawas (PGR, HD, C, AD) Tonight: The sisters go on a cowgirl escape to the Wild West, then take a special trip back to the Kaimanawa Ranges with their stallions. 8.30 The Mentalist (AO, C, AD) Black Market: The team investigates a murder linked to a counterfeit diamond operation, but an illness forces Jane to direct his colleagues from the office as he recuperates. 9.30 Aquarius (AO, C, AD) Home Is Where You're Happy: Hodiai investigates Art Gladner's murder through his wife Lucille, who runs a burlesque club. 10.30 ONE News Tonight (C) 11.00 Major Crimes (AO) Special Master (Part 1): Phillip Stroh returns and is demanding a new deal from Rios in exchange for his cooperation regarding future murders. 12.00am - 6.00 Tennis Wimbledon Championships, day eight live from London. Play past 6.00am will continue streaming live on tvnz.co.nz/wimbledon.	6.00 Creflo Dollar Ministries 6.30 Tiki Tour (G, R, HD, C) 6.50 The Looney Tunes Show (G, R, C) 7.20 Robot and Monster (G, R, C) 7.45 Generator Rex (G, R, C) 8.15 The Adventures of Chuck and Friends (G, R, C) 8.35 Handy Manny (G, R, C) 9.00 Infomercials 10.30 Neighbours (G, R, C) 11.00 Home and Away (R, C) 11.30 Shortland Street (PGR, R, HD, C, AD) 12.30 Full House (G, R, C) 1.00 Beverly Hills Chihuahua 3: Viva La Fiesta! (2011, G, R, C) 2.50 Regular Show (G, R, C) 3.00 The Fresh Prince of Bel Air (G, R, C) 3.30 Looped (C) 4.00 Mako Mermaids (G, C) 4.30 The 4.30 Show (G) Today: Liam heads to LA and meets stars Hailee Steinfeld, Sophie Turner and Dove Cameron, and there is a huge Queenstown holiday up for grabs. 5.00 America's Funniest Home Videos (G, C) 5.30 Home and Away (C) 6.00 Friends (G, R, C) 6.30 Neighbours (G, C) Tonight: Paige receives a birthday surprise, and Nate works to get the Kennedys behind Tyler. 7.00 Shortland Street (PGR, HD, C, AD) Tonight: Victoria protects her heart; TK makes a surprising new enemy; and Jimmy lets family slip through the cracks. Writer Ben Marshall, director Simon Bennett. 7.30 My Kitchen Rules (PGR, C) Tonight: Teams visit Luna Park, where they are kept busy cooking. 8.45 Empire (AO, C, AD) The Lyon's Roar: Lucious, Hakeem and Jamal come together to record a legacy album. 9.45 Grey's Anatomy (AO, C) How to Save a Life: Derek witnesses a horrific car accident and stops to help. 10.45 Revenge (AO, C) Plea: Amanda is granted bail under house arrest. 11.40 Scandal (AO) You Can't Take Command: Olivia asks her mother for advice in taking down her father, and Fitz asks Mellie to leave the White House. 12.40am NY Med (PGR) 1.30 Infomercials 2.35 The Real 3.20 The Lying Game (PGR, R, C) 4.05 Secret Mountain Fort Awesome (PGR, R) 4.15 Win Lose or Draw (G) 4.40 The 4.30 Show (R) 5.05 Neighbours (G, R, C) 5.30 - 6.00 Infomercials	6.00 Paul Henry 9.00 Infomercials 10.30 The Bold and the Beautiful (PGR, HD) 11.00 Rachael Ray (G, R, HD) Noon 3 News 12.30 Baggage (PGR, R, HD) 1.00 Dr Phil (PGR, R, HD) Today: Animal Obsessed. 2.00 The Ricki Lake Show (PGR, HD) 3.00 The Real Housewives of New Jersey 4.00 Million Dollar Minute (G, R) 4.30 Bondi Vet (G, R, HD, C) 5.00 Entertainment Tonight (G) 5.30 The Simpsons (G, R, HD, C) 6.00 3 News 7.00 Come Dine with Me NZ (PGR, HD) Tonight: A kooky Indian prepares a meal for spice-resistant guests. 7.30 Road Madness (PGR, HD) Urzila Carlson presents footage of terrible driving. 8.00 Gold Coast Cops (PGR) 8.30 NCIS (AO, HD) Troll: Special agent Ned Nornegret from NCIS Cyber assists the team in a murder investigation. 9.25 NCIS: Los Angeles (AO, HD) Chernoff, K: The team travels to Moscow, where they assume multiple undercover identities to locate suspects in an ongoing case. 10.25 Newsworthy With David Farrer and Samantha Hayes. 10.55 The Good Wife (AO, HD) Don't Fail: A former client is charged with a murder that is tied to a case from 2009. 11.55 Infomercials 5.00am - 6.00 Infomercials	 TV2: Grey's Anatomy, 9.45pm
		PRIME FREEVIEW 10 SKY 004	6.00 Home Shopping 6.30 The Crowd Goes Wild (G, R) 7.00 Deal or No Deal (G, R) 7.30 Home Shopping Noon The Doctors (PGR) 1.00 The Tonight Show Starring Jimmy Fallon (PGR, R) 2.00 Scorpion (PGR, R) 3.00 Storage Wars: New York (PGR, R) 3.30 Whose Line is it Anyway USA (PGR, R) 4.00 Gordon Ramsay: Ultimate Cookery Course (G, R) 4.30 Hot Bench (G) 5.00 Deal or No Deal (G) 5.30 Prime News 6.00 Escape to the Country (G, R) 7.00 The Crowd Goes Wild (G) 7.30 MythBusters (PGR) 8.30 Bully (PGR, Part 1 of 3) 9.30 Fargo (AO) A Muddy Road: Molly sets a trap. 10.30 The Tonight Show Starring Jimmy Fallon (PGR) 11.30 The Crowd Goes Wild (G, R) 12.00am Home Shopping 1.30 The Crowd Goes Wild (G, R) 2.00 - 6.00 Home Shopping
		FOUR FREEVIEW 4 SKY 012	6.00 Children's Programmes Infomercials 2.00 Sesame Street (G, R, HD) 2.55 Pingu (G, R) 3.00 Sticky TV (G) 5.05 Punk'd (G, R) 5.30 Life's Funniest Moments (G) 6.00 Malcolm in the Middle (G, R, C) Hal Coaches: Hal decides to make himself Dewey's new coach. 6.30 How I Met Your Mother (G, R, HD) Brunch: Ted's parents visit for the weekend. 7.00 The Simpsons (G, R, C) The Secret War of Lisa Simpson: Lisa enrolls in a military academy. 7.30 Face Off (PGR, HD) What a Dahl: The artists create characters based on books by Roald Dahl. 8.30 Talladega Nights: The Ballad of Ricky Bobby (2006, AO, R, HD) A cocky Nascar champion faces competition for his crown when a French Formula One driver joins the racing circuit. Will Ferrell, John C Reilly. 10.40 Burn Notice (AO, R, HD) Season five of the US crime drama series. Company Man: Michael embarks on a mission to locate the last man on the list of people who burned him. 11.30 Entertainment Tonight (G) 11.55 - 6.00am Infomercials
		MAORI FREEVIEW 5 SKY 019	6.30 Children's Programmes (G, R) 8.30 Te Kaea (R) 9.00 Unsung Heroes of Maori Music (G, R) 9.30 Kai Time on the Road (G, R) 10.00 Korero Mai (G, R) 11.00 Toku Reo (G, R) Noon Korero Mai (G, R) 1.00 Toku Reo (G, R) 2.00 Pacific Games 3.00 Kai Time on the Road (G, R) 3.30 Children's Programmes (G, R) 5.30 Te Kaea 6.00 Nga Pari Karangaranga (G) 6.30 Ako (G) 7.00 Te Kaea (R) 7.30 The Big Hit (G) 8.00 What's Up with the Tumoanas? (PGR) 8.30 Te Awa Tupua: Voices from the River (2014, AO) Documentary about the struggle by Whanganui iwi to reclaim guardianship of their ancestral river. 9.45 Media Take With Toi Iti and Russell Brown. 10.15 Brown Eye (AO, R) 11.00 - 11.30 Te Kaea (R)

SKY PREMIERE SKY 030	MOVIES GREATS SKY 033	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>6.25 Chasing Mavericks (2012, PG) Gerard Butler.</p> <p>8.20 As Above, So Below (M) Ben Feldman.</p> <p>9.55 22 Jump Street (2014, M) Channing Tatum.</p> <p>11.45 Bad Blood (2014, 16) Abigail Breslin.</p> <p>1.20 No Good Deed (2014, 16) Idris Elba.</p> <p>2.45 Chasing Mavericks (2012, PG) Gerard Butler.</p> <p>4.40 Carrie (2013, 16) Chloe Grace Moretz.</p> <p>6.20 Need for Speed (2014, M) Aaron Paul, Dominic Cooper.</p> <p>8.30 Think Like a Man Too (2014, M) Romantic plans go awry and misadventures threaten to derail the big day. Kevin Hart.</p> <p>10.20 Reach Me (2014, M) A motivational book written by a mysterious man inspires a varied group of people. Kyra Sedgwick.</p> <p>11.50 Shadow Witness (2012, M) Kevin Sorbo.</p> <p>1.10am Directors: Francis Ford Coppola (PG) 1.40 Carrie (2013, 16) 3.20 Reach Me (2014, M) 4.50 Shadow Witness (2012, M)</p>	<p>7.15 Fast Five (2011, M) Vin Diesel.</p> <p>9.25 17 Again (2009, PGS) Zac Efron.</p> <p>11.05 Gone Baby Gone (2007, 16) Casey Affleck.</p> <p>12.55 Johnny English (2003, PGV) Rowan Atkinson.</p> <p>2.25 Legends of the Fall (1994, M) Brad Pitt.</p> <p>4.35 Bringing Out the Dead (1999, 16) Nicolas Cage.</p> <p>6.35 Hostage (2005, 16) A failed police negotiator turned small town cop tries to save the lives of a family being held hostage. Bruce Willis, Kevin Pollak.</p> <p>8.30 Good Will Hunting (1997, M) A self-destructive 20-year-old maths genius is ordered to attend therapy and he slowly confronts the source of his behaviour. Matt Damon, Ben Affleck, Robin Williams, Minnie Driver.</p> <p>10.35 Pineapple Express (2008, 16) Two murder witnesses go on the run. Seth Rogen.</p> <p>12.25am Dead Presidents (1995, 18) 2.20 Hostage (2005, 16) 4.10 Pineapple Express (2008, 16)</p>	<p>6.15 Crimes of the Heart (1986, PG) Diane Keaton.</p> <p>8.00 Pacific Heights (1990, M) Melanie Griffith.</p> <p>9.45 LA Story (1991, PG) Steve Martin.</p> <p>11.20 Villa Rides (1968, M) Yul Brynner.</p> <p>1.20 Pee-wee's Big Adventure (1985, G) Paul Reubens.</p> <p>2.55 Urban Cowboy (1980, M) John Travolta.</p> <p>5.05 Private Benjamin (1980, 16) Goldie Hawn.</p> <p>6.55 Valdez Horses (1973, PG) A reclusive horse breeder forms a bond with a young runaway. Charles Bronson.</p> <p>8.30 What's Up, Doc? (1972, G) Two people become involved in a zany chase to recover four identical flight bags. Barbra Streisand.</p> <p>10.05 Bring Me the Head of Alfredo Garcia (1974, 16) Warren Oates, Isela Vega.</p> <p>11.55 It's Alive (1974, 16) John P Ryan.</p> <p>1.30am Under the Cherry Moon (1986, M) 3.10 Friends of Eddie Coyle (1973, 18) 4.50 Invasion of the Body Snatchers (1956, M)</p>	<p>7.20 Looking for Hortense (2012, M) Jean-Pierre Bacri.</p> <p>9.00 In a World ... (2013, 16) Lake Bell.</p> <p>10.35 Two Lives (2012, M) Julianne Kohler.</p> <p>12.15 Battle of the Sexes (2013, PG) US documentary.</p> <p>1.40 El Limpiador (2012, 16) Adrian Du Bois.</p> <p>3.15 Metallica Through the Never (2013, M) Dane DeHaan.</p> <p>4.50 Masquerade (2012, M) Byung-Hun Lee.</p> <p>7.00 Touchy Feely (2013, M) A massage therapist develops an aversion to skin. Rosemarie DeWitt.</p> <p>8.30 The Bridge (2012, 16, season 2, episode 1) Danish crime series.</p> <p>9.35 Nymphomaniac: Vol 2 (2013, 18) A nymphomaniac recounts her adulthood. Charlotte Gainsbourg.</p> <p>11.35 Kung Fu Elliot (2014, M) Canada documentary.</p> <p>1.00am Metallica Through the Never (2013, M) 2.35 Queenie (2014, G) 2.50 Nymphomaniac: Vol 2 (2013, 18) 4.50 Masquerade (2012, M)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 026

6.00 Benny Hinn **6.30 Long Way Down** **7.30**
Heaven's Kitchen at Large **8.30 Love Nature: Natural World** **9.30 Jamie at Home** **10.00 Poh's Kitchen** **10.30 Salvage Hunters** **11.30 Beverly Hills Pawn** **Noon Metropolis (PGR)** **1.00 Chris Tarrant: Extreme Railways** **2.00 Long Way Down** **3.00 Heaven's Kitchen at Large** **4.00 Love Nature: Natural World** **5.00 Hugh's Three Good Things** **5.30 French Food Safari** **6.00 Reno vs Relocate** **6.30 Candice Tells All** **7.00 Auction Hunters** **7.30 My Dream Room: Kids Edition** **8.05 Selling New York** **8.35 My Dream Home** **9.30 Fantasy Homes by the Sea** **10.30 Auction Hunters** **11.00 Hugh's Three Good Things** **11.30 French Food Safari** **12.00am Yard Crashers** **12.30 Benny Hinn** **1.00 Heaven's Kitchen at Large** **2.00 Love Nature: Natural World** **3.00 Reno vs Relocate** **3.30 Candice Tells All** **4.00 My Dream Room: Kids Edition** **4.30 Selling New York** **5.00 My Dream Home**

UKTV SKY 007

6.15 8 Out of 10 Cats (M) **6.45 EastEnders (PG)** **7.15** Keeping Up Appearances (PG) **7.45 The Bill (M)** **8.35 The Graham Norton Show (M)** **9.25 Pointless** **10.15 Scott & Bailey (M)** **11.05 The Bill (M)** **11.55** EastEnders (PG) **12.25** Keeping Up Appearances (PG) **12.55** 8 Out of 10 Cats (M) **1.25** The Graham Norton Show (M) **2.15 Prime Suspect (M)** **4.10 The Bill (M)** **5.05 Scott & Bailey (M)** Cradle: A woman approaches Janet, leading to gruesome revelations at her family home. **6.00 Pointless** **6.55 EastEnders (PG)** **7.25 QI (M)** Hosted by Stephen Fry. **8.00** 8 Out of 10 Cats (M) **8.30 Heartbeat (M)** Living Off the Land: Joe and Rachel investigate a violent attack on a travelling hippie, but things are not as they seem. **9.25 Inspector George Gently (M)** Gently Upside Down: The body of a missing schoolgirl is discovered in a shallow grave and there are rumours that the dead girl was having an affair with her teacher. **11.10 Would I Lie to You? (M)** **11.40** The Graham Norton Show (M) Compilation show of the best moments from the series. **12.35am** The Bill (M) **1.30 Pointless** **2.25 Keeping Up Appearances (PG)** **2.55 Prime Suspect (M)** **4.50 The Syndicate (16)** **5.45 Would I Lie to You? (M)**



Movies Greats: Pineapple Express, 10.35pm

Living SKY 008

6.00 Bargain Hunt **6.30 May the Best House Win** **7.30 The Great Interior Design Challenge** **8.30 Grand Designs** **9.30 The Nate Berkus Show** **10.30 Homes Under the Hammer** **11.30 Antiques Roadshow** **12.30 Restoration Man (M)** **1.30 Priceless Antiques Roadshow** **2.00 The Great Interior Design Challenge** **3.00 DIY SOS: The Big Build** **4.00 Grand Designs** **5.00 Bargain Hunt** **6.00 Zoo Days (M)** **6.30 Antiques Roadshow** **7.30 Homes Under the Hammer** **8.30 Double Your House for Half the Money** **9.30 To Build or Not to Build** **10.30 Location Location Location** **11.30 DIY SOS: The Big Build** **12.30am Bargain Hunt** **1.30 Antiques Roadshow** **2.30 Homes Under the Hammer** **3.30 Location Location Location** **4.30 DIY SOS: The Big Build** **5.30 Bargain Hunt**

Sky Arts SKY 027

6.15 **■ Certainty** (2011, G) **8.00 First Tuesday Book Club** **9.00 Ochre and Ink** **9.30 Movie Stars** **10.00 Leonardo: Inside the Mind of a Genius** **11.30 Buren and the Guggenheim** **12.30 Shakespeare Uncovered** **1.15 First Passion** **2.15** **■ Certainty** (2011, G) **4.00 First Tuesday Book Club** **5.00 Spare Time** **5.55** **Fake or Fortune?** **6.55 Stars of the Silver Screen:** Ingrid Bergman **7.45 The Book Show** **8.30 Holbein: Eye of the Tudors (G)** Waldemar Januszczak explores the man behind the greatest Tudor paintings. **9.30 The Third Eye (PG)** **10.20** **■ (A)sexual** (2011, PG) **12.00am First Tuesday Book Club** **1.00 Spare Time**

1.55 **Fake or Fortune?** **2.55 Stars of the Silver Screen** **3.45 The Book Show** **4.30 Holbein: Eye of the Tudors** **5.30 The Third Eye (PG)**

SoHo SKY 010

6.15 Nip/Tuck (16) **7.00 True Detective (18)** **9.00 ■ Nightingale (2014, 16)** **10.30 Happyish (16)** **11.00 Episodes (16)** **11.00 Noon Deadwood (16)** **1.00 Justified (M)** **1.40 True Detective (18)** **3.40 Deadwood (16)** **4.40** **■ Nightingale (2014, 16)** **David Oyelowo** **6.10 Happyish (16)** Tonight: Thom is forced out of his office to make way for the new Ideation Room. **6.40 Justified (M)** **7.30 The Game (M)** **8.30 Penny Dreadful (18)** And They Were Enemies: Vanessa must rely on her own strength to defeat the demon. **9.30** **Breaking Bad (18)** Cornered: Skyler resorts to freezing out Walt. **10.30 Justified (M)** For Blood or Money: Raylan looks to avoid a gang war with the Dixie Mafia in Harlan. **11.20 True Detective (18)** **12.20am Halt and Catch Fire (M)** **1.20 The Game (M)** **2.20 Penny Dreadful (18)** **3.20 Breaking Bad (18)** **4.20 Halt and Catch Fire (M)** **5.20 Justified (M)**

BBC World News SKY 089

6.00 **World News Today** **6.30** **World Business Report** **6.45** **Sport Today** **7.00** **World News Today** **7.30** **HARDtalk** **8.00** **Outside Source** **9.00** **BBC World News America** **10.00** **Newsday** **10.30** **Asia Business Report** **10.45** **Sport Today** **11.00** **Newsday** **11.30** **Asia Business Report** **11.45** **Sport Today** **12.00** **Asia Business Report** **12.45** **Sport Today** **1.00** **BBC World News** **1.30** **Asia Business Report** **1.45** **Sport Today** **2.00** **BBC World News** **2.30** **Asia Business Report** **2.45** **Sport Today** **3.00** **BBC World News** **3.30** **HARDtalk** **4.00** **BBC World News** **4.30** **World Business Report** **4.45** **BBC World News** **5.30** **World Business Report** **5.45** **BBC World News** **6.00** **BBC World News** **6.30** **BBC World News** **6.45** **World Business Report** **7.00** **BBC World News** **7.30** **BBC Business Live** **8.00** **BBC World News** **8.30** **HARDtalk** **9.00** **BBC World News** **9.30** **World Business Report** **9.45** **Sport Today** **10.00** **BBC World News** **11.00** **GMT** **12.30am** **World Business Report** **12.45** **Sport Today** **1.00** **Impact** **2.30** **HARDtalk** **3.00** **Global** **4.30** **World Business Report** **4.45** **Sport Today** **5.00** **Outside Source** **5.30** **BBC Focus on Africa**

SPORT**Sky Sport 1 SKY 051**

6.00 Cycling, Tour de France, stage three, 160km ride to Huy. **8.00** TBA **8.30** Super Rugby, final. **11.00** Cycling, Tour de France, stage three, 160km ride to Huy. **11.30** Athletics, IAAF Diamond League. **12.30** Rugby League, NRL, Tigers v Eels. **2.30** Monday Night with Matty Johns **3.30** Hockey, World League, men's semi-finals. **5.30** Super Rugby, final. **6.00** Rugby, Land Rover First XV Rugby, St Paul's Collegiate v St Fielding High School, replay. **7.30** UFC Now **8.30** Fight Night on Sky **10.30** Rugby Nation **11.30** Soccer, Fifa Women's World Cup, final. **12.10am** Cycling, Tour de France, stage four, 224km to Cambrai, **live.** **3.35** Sky Sport Select **4.05** UFC Now **5.00** FIA World Rally C'ship.

Sky Sport 2 SKY 052

6.00 Athletics, IAAF Diamond League. **7.00** AFL, Fremantle Dockers v Brisbane Lions. **10.00** NRL, Sea Eagles v Sharks. **10.30** NRL, Tigers v Eels. **11.00** Motorcycle Racing, FIM Speedway World C'ships, British GP. **2.00** Motorcycle Racing, Swedish Speedy Elitserien. **4.00** FIA World Rally C'ship. **5.00** Formula 1, British GP, race nine. **5.30** Cycling, Tour de France, stage three, 160km ride to Huy. **6.00** Rugby League, NRL, Tigers v Eels, highlights. **6.30** Monday Night with Matty Johns **7.30** Super League Fulltime **8.30** NRL 360 **9.30** Back Page **10.30** Inside Supercars **11.30** NRL Fulltime **12.00am** UFC Now **1.00** Rugby League, Holden Cup, Dragons U20 v Cowboys U20. **3.00** Rugby League, NSW Cup, Illawarra Cutters v Wentworthville Magpies. **5.00** Cricket, Caribbean Premier League Twenty20, St Kitts and Nevis Patriots v Barbados Tridents.

Sky Sport 3 SKY 053

6.00 British Superbike C'ship. **7.00** Formula 1, British Grand Prix, race nine. **7.30** Motor Racing, Nascar Xfinity, Subway Firecracker 250. **8.30** Motor Racing, Nascar Sprint Cup, Coke Zero 400. **9.50** Cricket, Caribbean Premier League Twenty20, St Kitts and Nevis Patriots v Barbados Tridents, **live.**

DOCUMENTARIES**Discovery SKY 070**

6.00 Dukes of Haggis (M) **6.30** Deadliest Catch (PG) **7.30** Gold Rush (PG) **8.30** MythBusters (PG) **9.30** Chaos Caught on Camera (M) **10.30** MythBusters **11.30** The Perfect Murder (M) **12.30** Fatal Encounters **1.30** Deadly Devotion **2.30** How It's Made (PG) **3.30** Gold Rush (PG) **4.30** NASA's Unexplained Files **5.30** MythBusters (PG) **6.30** Deadliest Catch (PG) **7.30** X-Ray Mega Airport **8.30** Manhunt (PG) Florida: Joel returns to US soil. **9.30** The Last Alaskans (G) No Man's Land: Follows Alaskans living in the Arctic National Wildlife Refuge **10.30** How It's Made (PG) **11.30** Gold Rush (PG) **12.30am** A Crime to Remember (M) **1.30** Disappeared (M) **2.30** Savage Family Diggers (PG) **3.00** Deadliest Catch (PG) **4.00** Man vs Wild (PG) **5.00** Dirty Jobs (PG)

National Geographic SKY 072

6.00 Going Deep with David Rees (PG) **6.30** Air Crash Investigations (PG) **7.30** Wicked Tuna (M) **8.30** Australia: Life on the Edge **9.30** Inside Combat Rescue (M) **11.30** Science of Stupid (M) **Noon** Hacking the System (PG) **12.30** Air Crash Investigations (PG) **1.30** Evacuate Earth (M) **2.30** Yukon River Run (M) **3.30** Prospectors (PG) **4.30** Nazi Megastructures (PG) **5.30** Street Genius (PG) **6.00** Hacking the System (PG) **6.30** Brain Games (PG) **7.00** Science of Stupid (M) **7.30** Wicked Tuna (M) **8.30** Building Wild (PG) Brewhouse Cabin: Paulie and Tuffy are challenged to build a dream cabin. **9.30** Cabin Fever (PG) **10.30** The Australian 90s (PG) **11.30** Air Crash Investigations (PG) **12.30am** Building Wild (PG) **1.30** Wicked Tuna (M) **2.30** Die Trying (PG) **3.30** Nazi Megastructures (PG) **4.30** Ultimate Airport Dubai (PG) **5.30** Cabin Fever (PG)



BBC Knowledge: Michael Mosley: Should I Eat Meat?, 8.30pm

1.30 Cycling, Tour de France, stage three, 160km ride to Huy. **2.00** Golf Central **3.00** The Time of Our Lives **4.00** NRL, Tigers v Eels. **4.30** Athletics, IAAF Diamond League. **5.30** Cricket, Caribbean Premier League Twenty20, St Kitts and Nevis Patriots v Barbados Tridents. **6.30** Golf Central **7.30** Lesson Tee Live **8.30** Feherty **9.30** The Golf Fix **10.30** Cricket, Caribbean Premier League Twenty20, St Kitts and Nevis Patriots v Barbados Tridents. **11.30** Athletics, IAAF Diamond League. **12.30am** Sky Sport Select **1.00** Cricket, Caribbean Premier League Twenty20. **1.30** Back Page **2.30** Inside Supercars. **3.30** Soccer, Fifa Women's World Cup, final.

ESPN SKY 061

6.00 Harlem Globetrotters Basketball **7.00** NFL Insiders **7.30** NFL Live **8.30** Highly Questionable **9.00** SportsCenter **11.00** MLB All-Star Selection Show **Noon** Baseball, MLB, **live.** **3.00** SportsCenter **6.00** NFL Live **7.00** Around the Horn **7.30** Pardon the Interruption **8.00** Baseball Tonight **9.00** SportsCenter **10.00** ESPN FC **10.30** National Icons **11.00** ESPN Original Documentaries **1.00am** SportsCenter **2.00** Baseball, MLB. **4.00** SportsCenter **5.00** Harlem Globetrotters

History SKY 073

6.00 Inside the National Trust (PG) **6.30** Return of the Black Death (PG) **7.30** Bloody Tales of Europe (M) **8.30** Lost Treasures of the Ancient World **9.30** Mysteries at the Museum (PG) **10.30** Secrets in the Dust (PG) **11.30** Anzac Battlefields (PG) **Noon** Railways of the Great War with Michael Portillo (PG) **12.30** Secrets of (PG) **1.30** Inside the National Trust (PG) **2.30** Dogfights (PG) **4.30** Lost Treasures of the Ancient World **5.30** Mysteries at the Museum (PG) **6.30** Secrets in the Dust (PG) **7.30** Britain's Bloodiest Dynasty: The Plantagenets (PG) **8.30** Last Days of the Nazis (PG) **9.30** Soviet Storm: WWII in the East (PG) **10.30** Gas, Gas (PG) **11.30** Oliver Stone: Untold History of the US (M) **12.30am** Dogfights (PG) **1.30** The Russian Front (PG) **2.30** Secrets of War (M) **3.30** Britain's Bloodiest Dynasty: The Plantagenets (PG) **4.30** Last Days of the Nazis (PG) **5.30** Soviet Storm: WWII in the East (PG)

BBC Knowledge SKY 074

6.00 Top Gear (PG) **6.30** Embarrassing Bodies (M) **7.25** Who Do You Think You Are? (PG) **8.30** Museum Secrets (M) **9.20** Speed (PG) **9.50** James May's Things You Need to Know (PG) **10.20** Dangerous Roads (M) **11.25** Top Gear (PG) **12.20** Eggheads (PG) **12.50** Top Gear USA (M) **1.35** Top Gear (PG) **2.25** Tribal Wives (M) **3.25** Ross Kemp: Back on the Frontline (M) **4.10** Embarrassing Teen Bodies (M) **5.00** Eggheads (PG) **5.30** Top Gear (PG) **7.30** Embarrassing Bodies (M) **8.30** Michael Mosley: Should I Eat Meat? (PG) **9.30** Michael Mosley: The Truth About Meat (M) **10.30** Top Gear (PG) **11.30** Richard Hammond's Crash Course (PG) **12.20am** Tribal Wives (M) **1.20** Back on the Frontline (M) **2.10** Embarrassing Teen Bodies (M) **3.05** Embarrassing Bodies (M) **4.00** Should I Eat Meat? (PG) **4.55** Michael Mosley: The Truth About Meat (M) **5.55** Elephants: Long Walk Home (PG)

RADIO**RNZ National**

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Mana Korihis News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan

Including: 10.45 The Reading: I Am Not Esther, by Fleur Beale, read by Hana Pomare (2 of 10, RNZ) (ninetoonoon@radionz.co.nz)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

Information and debate, people and places around NZ (afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora (RNZ)

(thepanel@radionz.co.nz)

5.00 Checkpoint (checkpoint@radionz.co.nz)

7.06 Nights with Bryan Crump Including: 7.30 The Sampler (RNZ); 8.13 Windows on the World; 9.06 The Tuesday Feature: The Rainbow Warrior - A Game Changer? (RNZ) (nights@radionz.co.nz)

10.00 News and Late Edition

11.06 The Shed Mark Coles presents a mix of new sounds from all over the world, conversations with music makers and tales of everyday life (2 of 13, MCM)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 Insight (RNZ); 1.15 Primary People (RNZ); 2.05 The Forum (BBC); 3.05 Head in the Clouds: A Hartley Manners Story, by Matthew O'Sullivan (3 of 5, RNZ); 3.30 Diversions (RNZ); 5.10 Witness (BBC)

Details available at radionz.co.nz

Parliament: radionz.co.nz/parliament

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week: Aaron Copland (1900-90) **See page 72**

10.00 Weekday Classics with Clarissa Dunn

Including: Works by Mozart, Dvorak, Mahler and Grieg; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat with Eva Radich Music news and current affairs (RNZ)

3.00 Classic Afternoons with David Morris

Including: CD Masters; 4.00 Made in New Zealand

7.00 Appointment New Horizons with William Dart (5 of 10, RNZ)

8.00 Music Alive Guildhall Trio with Jian Liu (pno) - Bruch: Eight Pieces for clarinet, viola and piano Op 83, Nos 2, 5, 6 and 7; Villa-Lobos: Chôros No 2; Duruflé: Prélude, récitatif et variations Op 3; Uhl: Kleines Konzert; Devienne: Duo No 1; McLeod: Suite on Jazz Themes (RNZ)

9.15 A Bach Offering Missa brevis in G BWV236; Brandenburg Concerto No 4 in G BWV1049

10.00 Day's End Music to wind down to

12.00am Music Through The Night

Details available at www.radionz.co.nz

Newstalk ZB

6.00 Mike Hosking **8.30** Leighton Smith **Noon** Danny Watson **4.00** Larry Williams **7.00** Mark Watson **Sportstalk** **8.00** Kerre McIvor **Talkback** **12.00am** Bruce Russell **Talkback** **5.00 - 6.00** Rachel Smalley

TV1 FREEVIEW 1 SKY 001

- 6.00 Breakfast**
9.00 Good Morning
10.00 There's No Taste Like Home (G, R) Today: Gino D'Acampo is in Conwy, North Wales.
11.00 House Gift (G, R) Three interior designers try find the perfect gift for a home.
Noon ONE News (C)
12.30 Emmerdale (C) Sam worries about Rachel's plan; Vanessa feels awkward around Adam and Victoria; and Kerry has a newfound enthusiasm for Dan's business course.
1.30 Coronation Street (R, C, AD) Leanne is unsettled by the arrival of an anonymous letter; Lloyd intervenes to salvage Jenna and Sophie's relationship; and Tracy strikes a business deal with Rob's old mate.
2.00 Come Dine with Me (G, C) Five contestants each host a dinner party.
2.55 Tipping Point (G)
3.55 Te Karere (C)
4.25 The Chase (G, C) UK gameshow in which teams answer quick-fire questions.
5.25 Millionaire Hot Seat (C)
6.00 ONE News (C)
7.00 Seven Sharp (C)
7.30 Fair Go (C) Pippa Wetzell and Gordon Harcourt present a consumer affairs programme.
8.00 Gadget Man (G, C) Public Transport: Richard Ayoade takes a look at issues surrounding public transport, and with the help of Russell Howard, he assesses the effectiveness of gadgets designed to deal with poor air quality and extreme heat, common on the London Underground.
8.30 This Town (PGR, C, AD) Head of the Bay: Some of the locals pursuing their passions in Whangamata and Waihi, including a story-telling sculptor, a hometown hot-rod hero, and a senior who's turned to ink.
9.30 Undercover Boss USA (G, C) Mayor of Pittsburgh: Pittsburgh Mayor Bill Peduto goes undercover in his own city, taking on the roles of municipal employees in order to gather feedback on recent changes to the city.
10.30 ONE News Tonight (C)
11.00 Betrayal (AO, R, C) Sharper Than a Serpent's Tooth: Sara and Drew threaten to fall back into bad habits, meanwhile, Jack and Drew decide to work together.
12.00am - 6.00 Tennis Wimbledon Championships, day nine live from London. Play past 6.00am will continue streaming live on tvnz.co.nz/wimbledon.

TV2 FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar Ministries**
6.30 Tiki Tour (G, R, HD, C)
6.50 The Looney Tunes Show (G, R, C)
7.20 Robot and Monster (G, R, C)
7.45 Generator Rex (G, R, C)
8.15 The Adventures of Chuck and Friends (G, R, C)
8.35 Handy Manny (G, R, C)
9.00 Infomercials
10.30 Neighbours (G, R, C)
11.00 Home and Away (R, C)
11.30 Shortland Street (PGR, R, HD, C, AD)
Noon Cougar Town (PGR, R, C)
12.30 Full House (G, R, C)
1.00 Geek Charming (2011, G, R, C) Sarah Hyland.
3.00 The Fresh Prince of Bel Air (G, R, C)
3.30 Looped (C)
4.00 Mako Mermaids (G, C)
4.30 The 4.30 Show (G) Today: Adam joins a craft club and tries to make a cushion cover; Yasmin is creating headaches on the Bad News; and some great b-boys.
5.00 America's Funniest Home Videos (G, C)
5.30 Home and Away (C)
6.00 Friends (G, R, C)
6.30 Neighbours (G, C) Tonight: Paige rejects her mother; Tyler loses his temper with Karl; Nate and Aaron continue to clash.
7.00 Shortland Street (PGR, HD, C, AD) Tonight: Jimmy fails his offspring; Vinnie's sleuthing succeeds; and Rachel and TK are caught in a trap. Writer Lynette Crawford-Williams, director Simon Bennett.
7.30 My Kitchen Rules (AO, C) Tonight: Two teams cook to stay in the competition.
8.50 The Big Bang Theory (PGR, C) The Communication Deterioration: Raj asks Leonard for help with a new project from NASA aimed at contacting aliens.
9.15 2 Broke Girls (AO, C) And the Grate Expectations: Max and Caroline help launch the new branch of the High at JFK airport, and Sophie discovers that Oleg may have an ulterior motive.
9.45 Once Upon a Time (PGR, C, AD) Poor Unfortunate Soul: Hook and Ursula's history is revealed.
11.45 Anger Management (PGR)
12.15am Undateable (PGR, C)
12.40 Sullivan & Son (PGR, R, C)
1.10 Laughing Samoans at Large (G, R)
1.35 Infomercials
2.40 The Real
3.25 The Lying Game (PGR, R, C)
4.15 Win Lose or Draw (G)
4.40 The 4.30 Show (R)
5.05 Neighbours (G, R, C)
5.30 - 6.00 Infomercials

TV3 FREEVIEW 3 SKY 003

- 6.00 Paul Henry**
9.00 Infomercials
10.30 The Bold and the Beautiful (PGR, HD)
11.00 Rachael Ray (G, R, HD)
Noon 3 News
12.30 Baggage (PGR, R, HD)
1.00 Dr Phil (PGR, R, HD) Today: Twin Trouble and Marriage Misery.
2.00 The Ricki Lake Show (PGR, HD)
3.00 The Real Housewives of New Jersey
4.00 Million Dollar Minute (G, R)
4.30 Bondi Vet (G, R, HD, C)
5.00 Entertainment Tonight (G)
5.30 The Simpsons (G, R, HD, C)
6.00 3 News
7.00 Come Dine with Me NZ (PGR, HD) Tonight: An evening of classical decadence.
7.30 Best of Top Gear (HD) Tonight: Second-hand bargains for the price of Britain's cheapest brand-new car.
8.45 Wanted (2008, AO, R, HD) A timid man is recruited by a secret fraternity of assassins who have determined he possesses special abilities. James McAvoy, Angelina Jolie, Morgan Freeman.
11.00 Newsworthy Presented by Samantha Hayes and David Farrier.
11.30 NCIS (AO, R, HD, C) Gone: A teenage girl is kidnapped during an attack on a Navy captain, and Ziva takes in the dead man's daughter.
12.30am - 6.00 Infomercials



TV3: Wanted, 8.45pm

PRIME FREEVIEW 10 SKY 004

- 6.00 Home Shopping**
6.30 The Crowd Goes Wild (G, R)
7.00 Deal or No Deal (G, R)
7.30 Home Shopping
Noon The Doctors (PGR)
1.00 The Tonight Show Starring Jimmy Fallon (PGR, R)
2.00 Scorpion (PGR, R)
3.00 Storage Wars: New York (PGR, R)
3.30 Whose Line is it Anyway USA (PGR, R)
4.00 Gordon Ramsay: Ultimate Cookery Course (G, R)
4.30 Hot Bench (G)
5.00 Deal or No Deal (G)
5.30 Prime News
6.00 Rugby Manu Samoa v NZ All Blacks, from Apia.
8.05 The Crowd Goes Wild (G)
8.30 Shearing Gang (PGR)
9.00 Life Is Toff (AO)
9.35 Game of Thrones (AO)
10.45 Back Benches (PGR)
11.45 The Crowd Goes Wild (G, R)
12.10am Rugby League State of Origin, game three, Queensland v New South Wales.
2.00 - 6.00 Home Shopping

FOUR FREEVIEW 4 SKY 012

- 6.00 Children's Programmes**
9.50 Infomercials **2.00 Sesame Street (G, R, HD)** **2.55 Pingu (G, R)** **3.00 Sticky TV (G)** **5.05 Punk'd (G, R)** **5.30 Life's Funniest Moments (G)** **6.00 Malcolm in the Middle (G, R, C)** **6.30 How I Met Your Mother (G, R, HD)** Ted Mosby, Architect: Ted and Robin have a fight. **7.00 The Simpsons (PGR, R, C)** My Mother the Carjacker: Mother Simpson is captured and placed on trial for sabotaging Mr Burns' germ warfare plant in the 1960s. **7.30 Family Guy (PGR, R, HD, C)** Mother Tucker: Peter's mother gets a divorce. **8.00 The GC (HD)** Tonight: Matatia's career takes an interesting turn, and Holly's true feelings are revealed. **8.30 Reality Bites (1994, AO, R, HD)** Three idealistic university graduates face life in the real world. Winona Ryder, Janeane Garofalo, Ethan Hawke, Ben Stiller.
10.30 Nurse Jackie (AO, R, HD) Smile: After a custody mediation, Jackie smashes into Kevin's car. Lost Girls: Jackie's daughters act out. **11.30 Entertainment Tonight (G)** **11.55 - 6.00am Infomercials**

MAORI FREEVIEW 5 SKY 019

- 6.30 Children's Programmes (G, R)**
8.30 Te Kaea (R)
9.00 Unsung Heroes of Maori Music (G, R)
9.30 Kai Time on the Road (G, R)
10.00 Korero Mai (G, R)
11.00 Toku Reo (G, R)
Noon Korero Mai (G, R)
1.00 Toku Reo (G, R)
2.00 Pacific Games 2015
3.00 Kai Time on the Road (G, R)
3.30 Children's Programmes (G, R)
5.30 Te Kaea
6.00 Nga Pari Karangaranga (G)
6.30 Ako (G)
7.00 Te Kaea (R)
7.30 Te Matatini 2015 (G)
8.00 Koroua (G)
8.30 Whare Taonga (PGR) Tonight: Nga Tau E Waru.
9.00 Marae Kai Masters (PGR) Tonight: The first two semi-final teams go on a surprise field trip.
10.00 Te Kauta (PGR) Tonight: Heta Tobin.
10.30 Native Affairs (R)
11.30 - 12.00am Te Kaea (R)

SKY PREMIERE SKY 030	MOVIES GREATS SKY 033	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>6.10 Directors: Francis Ford Coppola (PG) 6.40 Need for Speed (2014, M) Aaron Paul. 8.50 Shadow Witness (2012, M) Kevin Sorbo. 10.25 Think Like a Man Too (2014, M) Kevin Hart. 12.10 Carrie (2013, 16) Chloe Grace Moretz. 1.50 Reach Me (2014, M) Sylvester Stallone. 3.20 Need for Speed (2014, M) Aaron Paul. 5.30 Back in the Day (2014, 16) Morena Baccarin. 7.05 The Possession of Michael King (2014, 16) Shane Johnson. 8.30 Getaway (2013, M) A burned-out race car driver's wife is kidnapped. Ethan Hawke, Selena Gomez. 10.05 Pawn Shop Chronicles (2013, 18) Paul Walker. 11.55 The Memory Book (2014, M) Meghan Ory. 1.20am BAFTA: A Life in Pictures (PG) 1.50 Back in the Day (2014, 16) 3.25 The Possession of Michael King (2014, 16) 4.45 Pawn Shop Chronicles (2013, 18)</p>	<p>6.00 Biography: Daniel Craig (PG) 6.50 Good Will Hunting (1997, M) Matt Damon. 8.55 Legends of the Fall (1994, M) Brad Pitt. 11.05 Bringing Out the Dead (1999, 16) Nicolas Cage. 1.05 Pineapple Express (2008, 16) Seth Rogen. 2.55 Elizabeth: The Golden Age (2007, M) Cate Blanchett. 5.10 Step Brothers (2008, 16) Two middle-aged men are forced to become roommates. Will Ferrell. 6.50 Changing Lanes (2002, M) A lawyer is stalked by a single father. Ben Affleck. 8.30 The Ugly Truth (2009, M) A producer becomes embroiled with the host of a TV program who offers to help her find love. Katherine Heigl, Gerard Butler. 10.05 S.W.A.T. (2003, M) A team of cops transports a drug kingpin. Samuel L Jackson. 12.00am Biography: Daniel Craig (PG) 12.50 Elizabeth: The Golden Age (2007, M) 2.45 Step Brothers (2008, 16) 4.20 S.W.A.T. (2003, M)</p>	<p>6.10 Valdez Horses (1973, PGV) Charles Bronson. 7.45 Pee-wee's Big Adventure (1985, G) Paul Reubens. 9.20 Under the Cherry Moon (1986, M) Prince. 11.00 What's Up, Doc? (1972, G) Barbra Streisand. 12.35 Seven Men from Now (1956, PG) Randolph Scott. 1.55 The Enforcer (1976, 16) Clint Eastwood. 3.30 Moonwalker (1988, PG) Michael Jackson. 5.05 Air America (1990, PG) Mel Gibson. 6.55 Johnny Handsome (1989, 16) Mickey Rourke, Ellen Barkin. 8.30 Pale Rider (1985, PG) A nameless stranger rides into a gold-rush town and becomes involved in a feud. Clint Eastwood, Mark Moriarty. 10.25 The Blues Brothers (1980, 16) John Belushi, Dan Aykroyd. 12.35am The Long Kiss Goodnight (1996, 18) 2.35 National Lampoon's European Vacation (1985, M) 4.10 Twilight Zone: The Movie (1983, PG) 5.50 Pale Rider (1985, PG)</p>	<p>7.00 Battle of the Sexes (2013, PG) US documentary. 8.25 Whisker (2014, PG) Erroll Shand. 8.40 El Limpiador (2012, 16) Adrian Du Bois. 10.15 Touchy Feely (2013, M) Rosemarie DeWitt. 11.45 Valley of Saints (2012, M) Mohammed Afzal. 1.10 1 (2013, M) UK documentary. 3.00 Room at the Top (2012, 16) Matthew McNulty. 4.45 Bicycling with Molière (2013, M) Fabrice Luchini, Lambert Wilson. 6.30 Mr Morgan's Last Love (2013, M) A widower in Paris who speaks no French meets a dance instructor less than half his age. Michael Caine, Clémence Poésy. 8.30 Sweet Sixteen Birthday Films Rialto celebrates its 16th birthday with a film voted for by viewers. 10.20 Jimi: All Is by My Side (2013, M) André Benjamin. 12.20am Miss Lovely (2012, 16) 2.10 Room at the Top (2012, 16) 3.55 Later with Jools Holland (M) 5.00 Bicycling with Molière (2013, M)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 026

6.00 Benny Hinn **6.30** Fantasy Homes by the Sea
7.30 Heaven's Kitchen at Large **8.30** Love Nature: Natural World **9.30** Hugh's Three Good Things
10.00 French Food Safari **10.30** Reno vs Relocate
11.00 Candice Tells All **11.30** Auction Hunters Noon
 My Dream Room: Kids Edition **12.30** Selling New York **1.00** My Dream Home **2.00** Fantasy Homes by the Sea **3.00** Heaven's Kitchen at Large **4.00** Love Nature: Natural World **5.00** The Cook and the Chef **5.30** Trish's Mediterranean Kitchen **6.00** Holmes Makes it Right **7.00** Auction Kings **7.30** Dangerous Roads **8.30** Where the Wild Men Are with Ben Fogle **9.30** All 4 Adventure: Across the Top **10.30** Auction Kings **11.00** The Cook and the Chef **11.30** Trish's Mediterranean Kitchen **12.00am** Yard Crashers **12.30** Benny Hinn **1.00** Heaven's Kitchen at Large **2.00** Love Nature: Natural World **3.00** Holmes Makes it Right **4.00** Where the Wild Men Are with Ben Fogle **5.00** Dangerous Roads

UKTV SKY 007

6.15 8 Out of 10 Cats (M) **6.45** EastEnders (PG) **7.15** Keeping Up Appearances (PG) **7.45** The Bill (M) **8.35** The Graham Norton Show (M) **9.25** Pointless **10.15** Scott & Bailey (M) **11.05** The Bill (M) **11.55** EastEnders (PG) **12.25** Keeping Up Appearances (PG) **12.55** 8 Out of 10 Cats (M) **1.25** The Graham Norton Show (M) **2.15** Prime Suspect (M) **4.10** The Bill (M) **5.05** Scott & Bailey (M) **6.00** Pointless **6.55** EastEnders (PG) **7.25** QI (M) **8.00** 8 Out of 10 Cats (M) Hosted by Jimmy Carr. **8.30** Holby City (M) Equilibrium: Sahira must choose between her career and her marriage. **9.35** Call the Midwife (M) Maybe a Baby: Jenny is placed on the district nursing roster for a few weeks. **10.35** Birds of a Feather (PG) Tattoo You: Tracey has Botox, Travis gets a tattoo and Sharon looks as if she needs a hearing aid. **11.00** Would I Lie to You? (PG) **11.30** The Graham Norton Show (M) Tonight: Cate Blanchett, Ewan McGregor, Michael Sheen, Matt Lucas and Keane. **12.20am** The Bill (M) **1.10** Pointless **2.00** Keeping Up Appearances (PG) **2.30** Prime Suspect (M) **4.20** Would I Lie to You? (M) **4.50** The Syndicate (M) **5.45** Would I Lie to You? (PG)



Movies Greats: The Ugly Truth, 8.30pm

Living SKY 008

6.00 Bargain Hunt **6.30** May the Best House Win **7.30** To Build or Not to Build **8.30** Double Your House **9.30** The Nate Berkus Show **10.30** Homes Under the Hammer **11.30** Antiques Roadshow **12.30** Location Location Location Australia **1.30** Priceless Antiques Roadshow **2.00** To Build or Not to Build **3.00** DIY SOS: The Big Build **4.00** Double Your House for Half the Money **5.00** Bargain Hunt **6.00** Zoo Days (M) **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Location Location Location **9.30** Holmes Makes it Right **10.30** Selling Houses **11.30** DIY SOS: The Big Build **12.30am** Bargain Hunt **1.30** Antiques Roadshow **2.30** Homes Under the Hammer **3.30** Selling Houses **4.30** DIY SOS: The Big Build **5.30** Bargain Hunt

Sky Arts SKY 027

6.20 (A)sexual (2011, PG) **8.00** First Tuesday Book Club **9.00** Spare Time **9.55** Fakie or Fortune? **10.55** Stars of the Silver Screen **11.45** The Book Show **12.30** Holbein: Eye of the Tudors **1.30** The Third Eye (PG) **2.20** (A)sexual (2011, PG) **4.00** Happy on the Ground **5.40** Red Ribbon Celebration Concert **6.55** Living the Life **7.45** Mariss Jansons: Concertgebouw Farewell **9.35** Mehta and Midori Perform Brahms and Hindemith **11.05** Out of Print **12.00am** Happy on the Ground: 8 Days at Grammy Camp (2011, G) **1.40** Red Ribbon Celebration Concert **2.55** Living the Life

3.45 Mariss Jansons: Concertgebouw Farewell **5.35** Mehta and Midori Perform Brahms and Hindemith

SoHo SKY 010

6.05 Nip/Tuck (16) **6.55** True Detective (18) **7.55** Penny Dreadful (18) **8.55** Halt and Catch Fire (M) **9.55** The Game (M) **10.55** Breaking Bad (18) **11.55** True Detective (18) **12.55** Justified (M) **1.40** Halt and Catch Fire (18) **2.40** Penny Dreadful (18) **3.40** Breaking Bad (18) **4.40** True Detective (18) **5.40** The Game (M) **6.40** Justified (M) **7.30** The Brink (16) **8.00** Ballers (16) Raise Up: Spencer struggles to close a deal with Vernon. **8.30** Halt and Catch Fire (M) **10BROAD36:** Joe uses his newfound leverage to change Wheeler's thinking about computing. **9.30** Deadwood (16) Suffer the Little Children: Sioux locals begin to relax. **10.30** Justified (M) **11.20** Happyish (16) **11.50** Episodes (16) **12.50am** The Brink (16) **1.20** Ballers (16) **1.50** Halt and Catch Fire (M) **2.50** Deadwood (16) **3.50** Last Week Tonight with John Oliver (16) **4.20** Happyish (16) **4.50** Episodes (16) **5.50** Justified (M)

BBC World News SKY 089

6.00 World News Today **6.30** World Business Report **6.45** Sport Today **7.00** World News Today **7.30** HARDtalk **8.00** Outside Source **9.00** BBC World News America **10.00** Newsday **10.30** Asia Business Report **10.45** Sport Today **11.00** Newsday **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** BBC World News **1.30** Asia Business Report **1.45** Sport Today **2.00** BBC World News **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** HARDtalk **4.00** BBC World News **4.30** World Business Report **4.45** BBC World News **5.30** World Business Report **5.45** BBC World News **6.00** BBC World News **6.30** BBC World News **6.45** World Business Report **7.00** BBC World News **7.30** BBC Business Live **8.00** BBC World News **8.30** HARDtalk **9.00** BBC World News **9.30** World Business Report **9.45** Sport Today **10.00** BBC World News **11.00** GMT **12.30am** World Business Report **12.45** Sport Today **1.00** Impact **2.30** HARDtalk **3.00** Global **4.30** World Business Report **4.45** Sport Today **5.00** Outside Source **5.30** BBC Focus on Africa

SPORT

Sky Sport 1 SKY 051

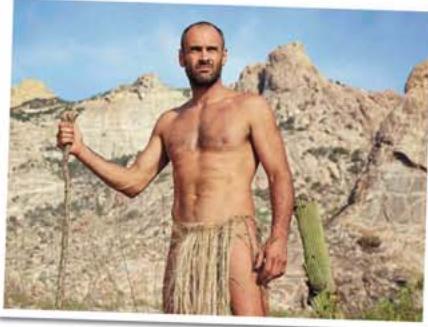
6.00 Inside Supercars. **7.00** Lesson Tee Live **8.00** Feherity **9.00** The Golf Fix **10.00** Super Rugby, final. **10.30** Volvo Ocean Race **11.00** Fishing and Adventure **11.30** UFC Now **12.30** Rugby Nation **1.30** Rugby, Samoa v All Blacks, from Apia Park, Samoa, **live. 4.00** Rugby, Samoa v All Blacks, highlights. **6.30** Rugby, Samoa v All Blacks, replay. **8.30** The Breakdown **9.30** Golf World **10.00** Land Rover First XV Revision **11.00** Fox Sports News **11.30** Golf World **12.10am** Cycling, Tour de France, stage five, 190km to Amiens, **live. 3.35** Ultimate Insider **4.00** Fight Night on Sky

Sky Sport 2 SKY 052

6.00 Super League Fulltime **7.00** NRL 360 **8.00** NRL Fulltime **8.30** Motorcycle Racing, Swedish Speeday Elitserien. **10.30** FIA World Rally C'ship. **11.30** British Superbike C'ship. **12.30** Nascar Sprint Cup, Coke Zero 400. **1.30** Sky Sport Select **2.00** UFC Now **3.00** Inside Supercars. **4.00** Red Bull Global Rallycross. **5.00** Cycling, Tour de France, stage four, 224km to Cambrai. **5.30** Super League Fulltime **6.30** Warriors 20 Year Celebration **8.30** NRL 360 **9.30** Rugby League, State of Origin, game three, Queensland v New South Wales. **12.30am** Rugby, Samoa v All Blacks **1.00** Cricket, Caribbean Premier League Twenty20, Jamaica Tallawahs v St Lucia Zouks. **2.00** Land Rover 1st XV Revision **3.00** Rugby League, State of Origin, game three, Queensland v New South Wales. **3.30** Golf, Ladies European Tour, ISPS Handa Ladies European Masters Event. **4.30** Golf World **5.00** Red Bull Global Rallycross.

Sky Sport 3 SKY 053

6.00 Cycling, Tour de France, stage four, 224km to Cambrai. **8.00** Back Page **9.00** Rugby League, NRL, Dragons v Cowboys. **9.30** Rugby League, NRL, Sea Eagles v Sharks. **10.00** Rugby League, NRL, Tigers v Eels. **10.50** Cricket, Caribbean Premier League Twenty20, Jamaica Tallawahs v St Lucia



Discovery: Marooned with Ed Stafford, 7.30pm

DOCUMENTARIES

Discovery SKY 070

6.00 Savage Family Diggers (PG) **6.30** Deadliest Catch (PG) **7.30** Gold Rush (PG) **8.30** MythBusters (PG) **9.30** Airplane Repo (PG) **10.30** The Last Alaskans **11.30** Stalked: Someone's Watching (M) **12.30** Disappeared (M) **1.30** Evil Kin **2.30** How It's Made (PG) **3.30** Gold Rush (PG) **4.30** Manhunt (PG) **5.30** MythBusters (PG) **6.30** Naked and Afraid (M) **7.30** Marooned with Ed Stafford (M) Australia: Ed Stafford is marooned on the coast of Western Australia. **8.30** Deadliest Catch (PG) Legend of the Time Bandit: A look at the lives of the Hillstrand boys. **10.30** How It's Made (PG) **11.30** Gold Rush (PG) **12.30am** I'd Kill for a Baby (M) **1.30** Tabloid (M) **2.30** Savage Family Diggers (PG) **3.00** Deadliest Catch (PG) **4.00** Man vs Wild (PG) **5.00** Dirty Jobs (PG)

National Geographic SKY 072

6.00 Cabin Fever (PG) **6.30** Air Crash Investigations (PG) **7.30** Wicked Tuna (M) **8.30** Yukon River Run (M) **9.30** Rebuilding Titanic **10.30** Building Wild (PG) **11.30** Science of Stupid (M) **Noon** Crowd Control (PG) **12.30** Air Crash Investigations (PG) **1.30** World's Toughest Fixes (PG) **2.30** Showdown (M) **3.30** Wicked Tuna (M) **4.30** Terror in the Skies (PG) **5.30** Street Genius (PG) **6.00** Hacking the System (PG) **6.30** Brain Games (PG) **7.00** Science of Stupid (M) **7.30** Innovation Nation (PG) **8.30** Science of Stupid (M) **9.30** Danger Decoded (M) **10.00** The Big Picture with Kal Penn (PG) **10.30** The Australian 90s (PG) **11.30** Air Crash Investigations (PG) **12.30am** Cabin Fever (PG) **1.30** Innovation Nation (PG) **2.30** Strippers: Cars for Cash (PG) **3.30** World's Toughest Fixes (PG) **4.30** Evacuate Earth (M) **5.30** Building Wild (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Mana Korihia News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan

Including: 10.45 The Reading: I Am Not Esther, by Fleur Beale, read by Hana Pomare (3 of 10, RNZ) (ninetonoon@radionz.co.nz)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

Information and debate, people and places around NZ (afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora (RNZ)

Discussion with a range of panellists (thepanel@radionz.co.nz)

5.00 Checkpoint (checkpoint@radionz.co.nz)

7.06 Nights with Bryan Crump Including: 7.30 Spectrum (RNZ); 8.13 Windows on the World; 9.06 The Wednesday Drama: The 53rd Victim, by Pip Hall (RNZ) (nights@radionz.co.nz)

10.00 News and Late Edition

11.06 Club McKenzie: Your 1920s Jazz

Speakeasy Swing Street: The repeal of prohibition helped build 52nd Street in the early 1930s (6 of 13, PRX)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 One in Five (RNZ); 1.05 Discovery (BBC); 2.05 The Thursday Feature (RNZ); 3.05 Head in the Clouds: A Hartley Manners Story, by Matthew O'Sullivan (4 of 5, RNZ); 3.30 NZ Books (RNZ); 5.10 Witness (BBC)

Details available at radionz.co.nz

Parliament: radionz.co.nz/parliament

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week: Aaron Copland (1900-90) **See page 72**

10.00 Weekday Classics with Clarissa Dunn

Including: Works by Rachmaninov, Pleyel, Saint-Saens and Berwald; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat with Eva Radich Music news and current affairs (RNZ)

3.00 Classic Afternoons with David Morris Including: CD Masters; 4.00 Made in New Zealand

7.00 Appointment The War That Changed the World: France – Heroism and Sacrifice: What did the war do to the ancient idea of heroism? (2 of 5, BBC)

8.00 Music Alive Deutsche Welle Festival.

Beethoven Symphonies at Beethovenfest, Bonn: CBSO Chorus and Orch/Andris Nelsons – Beethoven: Symphony No 6 in F Op 68, Pastoral; Tchaikovsky: Hamlet, Fantasy Overture; Beethoven: Symphony No 7 in A Op 92 (12 of 13, West German Radio/WFMT)

10.00 Day's End Music to wind down to **12.00am Music Through the Night**

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **8.30** Leighton Smith Noon

Danny Watson **4.00** Larry Williams **7.00** Tony Veitch Sportstalk **8.00** Kerre McIvor Talkback **12.00am** Bruce Russell Talkback **5.00 – 6.00** Rachel Smalley

TV1 FREEVIEW 1 SKY 001	TV2 FREEVIEW 2 SKY 002	TV3 FREEVIEW 3 SKY 003	Image
<p>6.00 Breakfast</p> <p>9.00 Good Morning</p> <p>10.00 There's No Taste Like Home (G, R)</p> <p>11.00 House Gift (G, R)</p> <p>Noon ONE News (C)</p> <p>12.30 Emmerdale (C)</p> <p>1.30 Coronation Street (R, C, AD)</p> <p>Nick squirms under Leanne's cross-examination; Jenna secures a new job, but not Mandy's approval; and Rob and Tracy have a close shave with his probation officer.</p> <p>2.00 Come Dine with Me (G, C)</p> <p>Five contestants each host a dinner party.</p> <p>2.55 Tipping Point (G) UK gameshow in which four contestants compete against a machine.</p> <p>3.55 Te Karere (C)</p> <p>4.25 The Chase (G, C) UK gameshow in which teams answer quick-fire questions.</p> <p>5.25 Millionaire Hot Seat (C)</p> <p>Eddie McGuire hosts a gameshow.</p> <p>6.00 ONE News (C)</p> <p>7.00 Seven Sharp (C) Pippa Wetzell and Mike Hosking present current affairs.</p> <p>7.30 Britain's Got Talent (C)</p> <p>Semi-final Five: The semi-finals continue as the acts compete in front of judges David Walliams, Alesha Dixon, Amanda Holden and Simon Cowell.</p> <p>9.00 Word Up (PGR, HD, C)</p> <p>Jaqie Brown hosts a local comedy panel show in which a key word is given to comedians and they have to find a sidekick to help them win the quiz.</p> <p>9.30 Britain's Got Talent (C)</p> <p>Results Five: Following tonight's semi-final performances, the acts that have made it through to the grand final are revealed.</p> <p>10.00 Upper Middle Bogan (AO, C)</p> <p>Occupation Hazards: Tired of the Wheelers thinking Bess is amazing because she is a doctor, Amber goes for a big promotion at the bank, but misses out because of a snooty interviewer; and in search of a solution, Julie discovers Margaret may be able to put in a good word for Amber.</p> <p>10.35 ONE News Tonight (C)</p> <p>11.00 Don't Look Down (AO, R)</p> <p>UK documentary about urban free climbers, in particular James Kingston, who scales cranes and buildings with no safety equipment.</p> <p>12.00am - 6.00 Tennis Wimbledon Championships, day 10 live from London. Play past 6.00am will continue streaming live on tvnz.co.nz/wimbledon.</p>	<p>6.00 Creflo Dollar Ministries</p> <p>6.30 Tiki Tour (G, R, HD, C)</p> <p>6.50 The Looney Tunes Show (G, R, C)</p> <p>7.20 Robot and Monster (G, R, C)</p> <p>7.45 Generator Rex (G, R, C)</p> <p>8.15 The Adventures of Chuck and Friends (G, R, C)</p> <p>8.35 Handy Manny (G, R, C)</p> <p>9.00 Infomercials</p> <p>10.30 Neighbours (G, R, C)</p> <p>11.00 Home and Away (R, C)</p> <p>11.30 Shortland Street (PGR, R, HD, C, AD)</p> <p>Noon Cougar Town (PGR, R, C)</p> <p>12.30 Full House (G, R, C)</p> <p>1.00 Grizzly Falls (1999, PGR, R, C) Daniel Clark.</p> <p>3.00 The Fresh Prince of Bel Air (G, R, C)</p> <p>3.30 Looped (C)</p> <p>4.00 Mako Mermaids (C)</p> <p>4.30 The 4.30 Show (G) Today: Jesse visits the Wellington Phoenix Football Academy; the team make a gorgeous tassel necklace; and a Skype chat with Caito Potatoe.</p> <p>5.00 America's Funniest Home Videos (G, C)</p> <p>5.30 Home and Away (C)</p> <p>6.00 Friends (G, R, C)</p> <p>6.30 Neighbours (G, C) Tonight: Paige learns the truth about her family; Amber and Daniel come to a shocking conclusion; and Brennan helps Karl gain more insight into Tyler.</p> <p>7.00 Shortland Street (PGR, HD, C, AD) Pania plays dirty; Rachel swings into fighting mode; Vinnie sets a trap to catch a thief. Writer Nick Malmhol, director Simon Bennett.</p> <p>7.30 Police Ten 7 (HD, C) Tonight: Christchurch police stop thieves in their tracks.</p> <p>8.00 Surveillance Oz (C)</p> <p>Tonight: Tunnel operators spot a lifeless body being pulled out of a car.</p> <p>8.30 The Undateables (C)</p> <p>Matthew, Heather and Gareth: Heather has severe OCD, and Gareth has brittle bone disease.</p> <p>9.35 Marvel's Agents of SHIELD (AO, C) Frenemy of My Enemy: A dangerous new alliance is formed as Coulson and Hunter turn to the last person anyone would expect.</p> <p>10.30 Police Ten 7 (R, HD, C)</p> <p>11.00 The Originals (AO)</p> <p>11.55 Orange Is the New Black (AO, R)</p> <p>1.10am Cops Uncut (PGR, R, C)</p> <p>1.35 Infomercials</p> <p>2.40 The Real</p> <p>3.25 The Lying Game (PGR, R, C)</p> <p>4.10 Win Lose or Draw (G)</p> <p>4.40 The 4.30 Show (R)</p> <p>5.05 Neighbours (G, R, C)</p> <p>5.30 - 6.00 Infomercials</p>	<p>6.00 Paul Henry</p> <p>9.00 Infomercials</p> <p>10.30 The Bold and the Beautiful (PGR, HD)</p> <p>11.00 Rachael Ray (G, R, HD)</p> <p>Noon 3 News</p> <p>12.30 Baggage (PGR, R, HD)</p> <p>1.00 Dr Phil (PGR, R, HD) Today: Starving Myself – Killing My Family.</p> <p>2.00 The Ricki Lake Show (PGR, HD)</p> <p>3.00 The Real Housewives of New Jersey</p> <p>4.00 Million Dollar Minute (G, R)</p> <p>4.30 Bondi Vet (G, R, HD, C)</p> <p>5.00 Entertainment Tonight (G)</p> <p>5.30 The Simpsons (G, R, HD, C)</p> <p>6.00 3 News</p> <p>7.00 Come Dine with Me NZ (PGR, HD) Tonight: An Island extravaganza.</p> <p>7.30 Grand Designs Revisited (HD) Crooked Chocolate Box Cottage: Kevin McCloud returns to Devon for an update on a house built for a marine who lost three limbs in Afghanistan.</p> <p>8.30 Lost & Found (HD)</p> <p>Davey Tiwai Brown: A Maori filmmaker searches for his Irish roots, and a mother searches for her father</p> <p>9.30 Age Gap Love (AO, HD, C)</p> <p>Tonight: 69-year-old Bob is so in love with his 29-year-old wife Kelly that he has had her image tattooed on his bald spot.</p> <p>10.30 Newsworthy</p> <p>11.00 Holden Golf World (HD)</p> <p>11.30 Blue Bloods (PGR, R, HD, C)</p> <p>12.30am - 6.00 Infomercials</p>	<p>Four: Family Guy, 7.30pm</p>
			PRIME FREEVIEW 10 SKY 004
			<p>6.00 Home Shopping</p> <p>6.30 The Crowd Goes Wild (G, R)</p> <p>7.00 Deal or No Deal (G, R)</p> <p>7.30 Home Shopping</p> <p>Noon The Doctors (PGR)</p> <p>1.00 The Tonight Show Starring Jimmy Fallon (PGR)</p> <p>2.00 Back Benches (PGR, R)</p> <p>3.00 Storage Wars: New York (G, R)</p> <p>3.30 Whose Line is it Anyway USA (PGR, R)</p> <p>4.00 Gordon Ramsay: Ultimate Cookery Course (G, R)</p> <p>4.30 Hot Bench (G)</p> <p>5.00 Deal or No Deal (G)</p> <p>5.30 Prime News</p> <p>6.00 Escape to the Country (G, R)</p> <p>7.00 The Crowd Goes Wild (G)</p> <p>7.30 The Odd Couple (PGR)</p> <p>8.00 Modern Family (PGR)</p> <p>8.30 Death in Paradise (PGR)</p> <p>9.40 Reign (PGR)</p> <p>10.30 The Tonight Show Starring Jimmy Fallon (PGR)</p> <p>11.30 The Crowd Goes Wild (G, R)</p> <p>12.00am Home Shopping</p> <p>1.30 The Crowd Goes Wild (G, R)</p> <p>2.00 - 6.00 Home Shopping</p>
			FOUR FREEVIEW 4 SKY 012
			<p>6.00 Children's Programmes</p> <p>9.50 Infomercials</p> <p>2.00 Sesame Street (G, R, HD)</p> <p>2.55 Pingu (G, R)</p> <p>3.00 Sticky TV (G)</p> <p>5.05 Mr Young (G)</p> <p>5.30 Life's Funniest Moments (G)</p> <p>6.00 Malcolm in the Middle (G, R, C)</p> <p>6.30 How I Met Your Mother (G, R, HD)</p> <p>7.00 The Simpsons (PGR, R, C)</p> <p>7.30 Family Guy (AO, HD)</p> <p>7.30 Family Guy Viewer Mail #1: Brian and Stewie read viewer mail.</p> <p>8.00 Bob's Burgers (PGR, R, HD)</p> <p>Bob and Deliver: Bob becomes a substitute teacher.</p> <p>8.30 Species II (1998, AO)</p> <p>A woman who is part alien tracks down an astronaut on a killing spree who has returned from Mars infected with alien DNA. Michael Madsen.</p> <p>10.25 The Almighty Johnsons (AO, HD, C)</p> <p>Unleash the Kraken! The Johnsons dress up for the family reunion they never expected.</p> <p>11.20 Entertainment Tonight (G)</p> <p>11.45 - 6.00am Infomercials</p>
			MAORI FREEVIEW 5 SKY 019
			<p>6.30 Children's Programmes (G, R)</p> <p>8.30 Te Kaea (R)</p> <p>9.00 Unsung Heroes of Maori Music (G, R)</p> <p>9.30 Kai Time on the Road (G, R)</p> <p>10.00 Korero Mai (G, R)</p> <p>11.00 Toku Reo (G, R)</p> <p>Noon Korero Mai (G, R)</p> <p>1.00 Toku Reo (G, R)</p> <p>2.00 Pacific Games 2015</p> <p>3.00 Kai Time on the Road (G, R)</p> <p>3.30 Pukoro (G)</p> <p>4.00 Team Umizoomi (G, R)</p> <p>4.30 The Penguins of Madagascar (G, R)</p> <p>5.00 Swagger (G)</p> <p>5.30 Te Kaea</p> <p>6.00 Nga Pari Karangaranga (G)</p> <p>6.30 Ako (G)</p> <p>7.00 Te Kaea (R)</p> <p>7.30 Te Matatini 2015 (G)</p> <p>8.00 Get Your Fish On (PGR)</p> <p>Tonight: An all-nighter at White Island.</p> <p>8.30 Code (PGR)</p> <p>9.30 Hunting Aotearoa (AO)</p> <p>Tonight: Sika deer in Taupo.</p> <p>10.00 #KOMTR (AO)</p> <p>10.30 Whawhai (PGR)</p> <p>11.00 - 11.30 Te Kaea (R)</p>

SKY PREMIERE SKY 030		MOVIES GREATS SKY 033	MOVIES CLASSICS SKY 034	RIALTO SKY 039
6.35 Getaway (2013, M) Ethan Hawke.	6.15 The Silence of the Lambs: The Inside Story (M)	7.45 Air America (1990, PG) Mel Gibson.	6.45 Jimi: All Is by My Side (2013, M) André Benjamin.	
8.05 BAFTA: A Life in Pictures (PG)	7.45 Changing Lanes (2002, M) Ben Affleck.	9.35 Directors: John Landis (PG)	8.45 Mr Morgan's Last Love (2013, M) Michael Caine.	
8.35 The Memory Book (2014, M) Meghan Orly.	9.25 The Ugly Truth (2009, M) Katherine Heigl.	10.05 High Plains Drifter (1973, 16) Clint Eastwood.	10.45 The Lunchbox (2013, PG) Irrfan Khan.	
10.00 Back in the Day (2014, 16) Morena Baccarin.	11.00 Elizabeth: The Golden Age (2007, M) Cate Blanchett.	11.50 Big Wednesday (1978, PG) Jan-Michael Vincent.	12.30 Spinning Plates (2012, G) US documentary.	
11.35 The Possession of Michael King (2014, 16) Shane Johnson.	12.55 S.W.A.T. (2003, M) Samuel L Jackson.	1.50 National Lampoon's Vacation (1983, M) Chevy Chase.	2.05 Violette (2013, M) Emmanuelle Devos.	
1.00 Getaway (2013, M) Ethan Hawke.	2.50 Fair Game (2010, M) Naomi Watts.	3.30 Music of the Heart (1999, PG) Meryl Streep.	4.20 Canopy (2013, M) Khan Chittenden, Tzu-yi Mo.	
2.45 The Memory Book (2014, M) Meghan Orly.	4.40 The Twilight Saga: Breaking Dawn Part 2 (2012, M) Robert Pattinson.	5.30 Bean (1997, PG) Rowan Atkinson.	5.45 Palo Alto (2014, 16) Emma Roberts.	
4.10 The Hobbit: The Desolation of Smaug (2013, M) Martin Freeman.	6.35 You Don't Mess with the Zohan (2008, M) Adam Sandler, Rob Schneider.	7.00 Tender Mercies (1983, PG) A broken-down country singer tries to put his troubled life back together. Robert Duvall, Tess Harper.	7.25 Run (2013, 16, part 1 of 4) UK drama series.	
6.50 Breakaway (2011, PG) Rob Lowe.	8.30 District 9 (2009, 16) A government agent is exposed to the biotechnology of an extraterrestrial race stuck on Earth. Sharlto Copley.	8.30 This Is Spinal Tap (1984, M) A mockumentary about British heavy metal band Spinal Tap. Michael McKean.	8.30 Is the Man Who Is Tall Happy? (2013, G) French documentary in which director Michel Gondry animates a series of interviews with linguist, philosopher and activist Noam Chomsky. Films, page 70	
8.30 The Hundred-Foot Journey (2014, PG) An Indian restaurant goes to war against a rival French establishment. Helen Mirren, Om Puri.	10.25 The Whole Nine Yards (2000, M) Bruce Willis.	9.55 Cat's Eye (1985, M) Three unsettling stories are linked by a prowling cat. Alan King.	10.00 Akira (1988, M) Two bikers stumble upon a secret government project. Mitsuo Iwata, Nozomu Sasaki.	
10.35 Now You See Me (2013, M) Jesse Eisenberg.	12.05am Heavenly Creatures (1994, PG) 1.45 The Twilight Saga: Breaking Dawn Part 2 (2012, M) 4.00 Fair Game (2010, M) 5.45 You Don't Mess with the Zohan (2008, M)	11.30 Badge 373 (1973, M) Robert Duvall.	12.10am The Kill Team (16) 1.35 The Lunchbox (2013, PG) 3.20 Canopy (2013, M) 4.45 Akira (1988, M)	
12.30am Casting Couch (2013, 16) 2.05 The Hobbit: The Desolation of Smaug (2013, M) 4.40 The Hundred-Foot Journey (2014, PG)		1.25am Porky's (1982, 16) 3.05 Red Sun (1971, PG) 5.00 The Odd Couple (1968, PG)		

GENERAL

Choice TV FREEVIEW 12 SKY 026

6.00 Benny Hinn **6.30** All 4 Adventure: Across the Top **7.30** Heaven's Kitchen at Large **8.30** Love Nature: Natural World **9.30** The Cook and the Chef **10.00** Trish's Mediterranean Kitchen **10.30** Holmes Makes it Right **11.30** Auction Kings **Noon** Dangerous Roads **1.00** Where the Wild Men Are with Ben Fogle **2.00** All 4 Adventure: Across the Top **3.00** Heaven's Kitchen at Large **4.00** Love Nature: Natural World **5.00** Kylie Kwong: My China **5.30** Shane Delia's Spice Journey **6.00** Kirstie's Best of Both Worlds **7.00** The Liquidator **7.30** Jamie's Food Escapes **8.30** In Search of Perfection **9.10** Made in Italy with Silvia Colloca **9.35** Italian Food Safari **10.00** Wild Kitchen with Clayton Donovan **10.30** The Liquidator **11.00** Kylie Kwong: My China **11.30** Shane Delia's Spice Journey **12.00am** Yard Crashers **12.30** Benny Hinn **1.00** Heaven's Kitchen at Large **2.00** Love Nature: The Secret Life of the Circlers **3.00** Kirstie's Best of Both Worlds **4.00** Jamie's Food Escapes **5.00** Italian Food Safari **5.30** Wild Kitchen

UKTV SKY 007

6.15 8 Out of 10 Cats (M) **6.45** EastEnders (PG) **7.15** Keeping Up Appearances (PG) **7.45** The Bill (M) **8.35** The Graham Norton Show (M) **9.25** Pointless **10.15** Scott & Bailey (M) **11.05** The Bill (M) **11.55** EastEnders (PG) **12.25** Keeping Up Appearances (PG) **12.55** 8 Out of 10 Cats (M) **1.25** The Graham Norton Show (M) **2.15** Prime Suspect (16) **4.10** The Bill (M) **5.05** Scott & Bailey (M) **6.00** Pointless **6.55** EastEnders (PG) **7.25** QI (M) **8.00** 8 Out of 10 Cats (M) **8.30** Birds of a Feather (PG) Blinded by Love: Sharon's estranged husband Chris wants a divorce. **8.55** The Graham Norton Show (M) Tonight: Julianne Moore, Michael Flatley, Bill Bailey and Cuba Gooding Jr. **9.50** Would I Lie to You? (PG) **10.20** QI (M) **10.55** Would I Lie to You? (PG) **11.25** The Graham Norton Show (M) **12.15am** The Bill (M) **1.05** Pointless **1.55** Keeping Up Appearances (PG) **2.25** Prime Suspect (16) **4.20** Would I Lie to You? (PG) **4.50** The Syndicate (M) **5.45** Would I Lie to You? (PG)

Living SKY 008

6.00 Bargain Hunt **6.30** May the Best House Win



Movies Classics: **Bean**, 5.30pm

7.30 Holmes Makes it Right **8.30** Location Location Location **9.30** The Nate Berkus Show **10.30** Homes Under the Hammer **11.30** Antiques Roadshow **12.30** Selling Houses **1.30** Priceless Antiques Roadshow **2.00** Holmes Makes it Right **3.00** DIY SOS: The Big Build **4.00** Location Location Location **5.00** Bargain Hunt **6.00** Zoo Days (M) **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Selling Houses with Amanda Lamb **9.30** Escape to the Continent **10.30** Escape to the Country **11.30** DIY SOS **12.30am** Bargain Hunt **1.30** Antiques Roadshow **2.30** Homes Under the Hammer **3.30** Escape to the Country **4.30** DIY SOS **5.30** Bargain Hunt

Sky Arts SKY 027

7.05 Out of Print **8.00** Happy on the Ground: 8 Days at Grammy Camp (2011, G) **9.40** Red Ribbon Celebration Concert **10.55** Living the Life **11.45** Mariss Jansons: Concertgebouw Farewell **1.35** Mehta and Midori Perform Brahms and Hindemith **3.05** Out of Print **4.00** Daniel Hope: The Secret of the Violin **4.30** Kent Gavin: Royal Photographer **5.00** First Tuesday Book Club **6.00** In the Footsteps of Famous Composers **6.55** Inside the National Trust **7.45** Great Scots: The Writers Who Shaped a Nation **8.30** The Chair **9.25** Don McLean: American Troubadour **10.25** Living the Life **11.15** Peacock's Day **11.30** Movie Stars **12.00am** Daniel Hope: The Secret of the Violin **12.30** Kent Gavin: Royal Photographer **1.00** First Tuesday Book Club **2.00** In the Footsteps of Famous

Composers **2.55** Inside the National Trust **3.45** Great Scots: The Writers Who Shaped a Nation **4.30** The Chair **5.25** Don McLean: American Troubadour

SoHo SKY 010

6.35 Nip/Tuck (16) **7.25** Last Week Tonight with John Oliver (16) **7.55** The Brink (16) **8.25** Ballers (16) **8.55** Happyish (16) **9.25** Episodes (16) **10.25** Halt and Catch Fire (M) **11.25** Last Week Tonight with John Oliver (16) **11.55** Deadwood (16) **12.55** Justified (M) **1.40** The Brink (16) **2.10** Ballers (16) **2.40** Happyish (16) **3.10** Episodes (16) **4.10** Last Week Tonight with John Oliver (16) **4.40** Halt and Catch Fire (M) **5.40** Deadwood (16) Suffer The Little Children: With the arrival of the vaccine shipment, the locals begin to relax. **6.40** Justified (M) **7.30** Penny Dreadful (18) **8.30** The Brink (16) **9.00** Ballers (16) **9.30** Happyish (16) **10.00** Episodes (16) **10.30** Episodes (16) **11.00** Justified (M) **11.50** Breaking Bad (18) **12.50am** Hunted (18) **1.50** Penny Dreadful (18) **2.50** The Brink (16) **3.20** Ballers (16) **3.50** Happyish (16) **4.20** Breaking Bad (18) **5.20** Justified (M)

BBC World News SKY 089

6.00 World News Today **6.30** World Business Report **6.45** Sport Today **7.00** World News Today **7.30** HARDtalk **8.00** Outside Source **9.00** BBC World News America **10.00** Newsday **10.30** Asia Business Report **10.45** Sport Today **11.00** Newsday **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** BBC World News **1.30** Asia Business Report **1.45** Sport Today **2.00** BBC World News **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** HARDtalk **4.00** BBC World News **4.30** World Business Report **4.45** BBC World News **5.30** World Business Report **5.45** BBC World News **6.00** BBC World News **6.30** BBC World News **6.45** World Business Report **7.00** BBC World News **7.30** BBC Business Live **8.00** BBC World News **8.30** HARDtalk **9.00** BBC World News **9.30** World Business Report **9.45** Sport Today **10.00** BBC World News **11.00** GMT **12.30am** World Business Report **12.45** Sport Today **1.00** Impact **2.30** HARDtalk **3.00** Global **4.30** World Business Report **4.45** Sport Today **5.00** Outside Source **5.30** BBC Focus on Africa

SPORT**Sky Sport 1 SKY 051**

6.00 Cycling, Tour de France, stage five, 190km to Amiens. **8.00** The Breakdown **9.00** Land Rover First XV Revision **10.00** Rugby, Samoa v All Blacks **Noon** The Breakdown **1.00** InCycle **1.30** Cycling, Tour de France, stage five, 190km to Amiens. **2.00** Deep Water USA **2.30** Rugby, Ranfurly Shield, Hawke's Bay v Wairarapa Bush, **live.** **4.30** Rugby, Samoa v All Blacks **5.00** Sky Sport Select **5.30** Land Rover First XV Revision **6.30** Toyota Grassroots Rugby **7.30** Rugby, Ranfurly Shield, Hawke's Bay v Wairarapa Bush. **9.30** The Breakdown **10.30** #Skyspeed **11.10** InCycle **11.40** Cycling, Tour de France, stage five, 190km to Amiens. **12.10am** Cycling, Tour de France, stage six, 192km ride from Abbeville to Le Havre, **live.** **4.00** Toyota Grassroots Rugby **5.00** Land Rover First XV Revision

Sky Sport 2 SKY 052

6.00 Rugby League, State of Origin, game three, Queensland v New South Wales. **8.00** Red Bull Global Rallycross **9.00** NRL 360 **10.00** Rugby League, State of Origin, game three, Queensland v New South Wales. **10.30** InCycle **11.00** Crash **11.30** Golf, Ladies European Tour, ISPS Handa Ladies European Masters Event. **12.30** #Skyspeed **1.00** Fight Night on Sky **3.00** The Ultimate Fighter 21 **4.00** UFC Now **5.00** Ultimate Insider **5.30** Rugby League, State of Origin, game three, Queensland v New South Wales. **7.30** Boots'n'All **8.30** NRL 360 **9.30** Big Weekend with Matty Johns **10.30** The NRL Footy Show **1.00am** Rugby League, State of Origin, game three, Queensland v New South Wales. **1.30** Boots'n'All **2.30** NRL 360 **3.30** Big Weekend with Matty Johns **4.30** Volvo Ocean Race **5.30** Boots'n'All

Sky Sport 3 SKY 053

6.00 Ironman, Ironman Cairns. **7.00** Rugby, Samoa v All Blacks **7.30** Cricket, England v Australia, the Ashes, first test, day one. **8.00** Crash **8.30** Sky Sport Select **9.00** Rugby League, State of Origin,

**National Geographic: Building Wild, 10.30pm****DOCUMENTARIES****Discovery SKY 070**

6.00 Savage Family Diggers (PG) **6.30** Deadliest Catch (PG) **7.30** Gold Rush (PG) **8.30** MythBusters (PG) **9.30** Alaska: The Last Frontier (M) **10.30** Deadliest Catch (PG) **11.30** Scored: Love Kills (M) **12.30** I'd Kill for a Baby (M) **1.30** Southern Fried Homicide **2.30** How It's Made (PG) **3.30** Gold Rush (PG) **4.30** Deadliest Catch (PG) **5.30** MythBusters (PG) **6.30** Manhunt (PG) **7.30** Ice Cold Gold **8.30** Naked and Afraid (M) Lord of the Rats: A workaholic and a loner try to survive three weeks in Thailand. **9.30** Bering Sea Gold (PG) A breakdown strands the Au Grabber at sea. **10.30** How It's Made (PG) **11.30** Gold Rush (PG) **12.30am** Deadly Affairs (M) **1.30** Crimes That Shock the World (M) **2.30** Savage Family Diggers (PG) **3.00** Deadliest Catch (PG) **4.00** Man vs Wild (PG) **5.00** Dirty Jobs (PG)

National Geographic SKY 072

6.00 Building Wild (PG) **6.30** Air Crash Investigations (PG) **7.30** Wicked Tuna (M) **8.30** Prospectors (PG) **9.30** Ultimate Airport Dubai (PG) **10.30** Cabin Fever (PG) **11.30** Science of Stupid (M) **Noon** Danger Decoded (M) **12.30** Air Crash Investigations (PG) **1.30** Building Wild (PG) **2.30** Dead End Express (M) **3.30** Innovation Nation (PG) **4.30** Danger Decoded (M) **5.00** The Big Picture with Kal Penn (PG) **5.30** Street Genius (PG) **6.00** Hacking the System (PG) **6.30** Brain Games (PG) **7.00** Science of Stupid (M) **7.30** Dead End Express (M) **8.30** Yukon River Run (M) **9.30** Wicked Tuna (M) **10.30** Building Wild (PG) **11.30** Air Crash Investigations (PG) **12.30am** Nazi Megastuctures (PG) **1.30** Ultimate Airport Dubai (PG) **2.30** Underworld Inc. (M) **3.30** Yukon Gold (M) **4.30** Strippers: Cars for Cash (PG) **5.30** Cold Water Gold (M)

RADIO**RNZ National**

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Mana Korihai News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan

Including: 10.45 The Reading: I Am Not Esther, by Fleur Beale, read by Hana Pomare (4 of 10, RNZ) (ninetoonoon@radionz.co.nz)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

Information and debate, people and places around NZ (afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora (RNZ)

Discussion featuring a range of panellists from right along the opinion spectrum (thepanel@radionz.co.nz)

5.00 Checkpoint (checkpoint@radionz.co.nz)

7.06 Nights with Bryan Crump Including: 7.30 At the Movies with Simon Morris (RNZ); 8.13 Windows on the World; 9.06 Our Changing World (RNZ) (nights@radionz.co.nz)

10.00 News and Late Edition**11.06 Music 101 Pocket Edition (RNZ)**

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 The Food Chain (BBC); 1.05 The Friday Feature (RNZ); 2.05 NZ Society (RNZ); 2.30 The Sampler; 3.05 Head in the Clouds: A Hartley Manners Story, by Matthew O'Sullivan (F, RNZ); 3.30 The Why Factor (BBC); 5.10 Witness (BBC)

Details available at radionz.co.nz.

Parliament: radionz.co.nz/parliament

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week Aaron Copland (1900-90) **See page 72**

10.00 Weekday Classics with Clarissa Dunn

Including: Works by Weber, Schumann, Gliere and Khachaturian; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat with Eva Radich Music news and current affairs (RNZ)

3.00 Classic Afternoons with David Morris

Including: CD Masters; 4.00 Made in New Zealand

7.00 Appointment Tristan and Isolde: Erica Challis looks at the opera by Wagner that ushered in a new musical era and took the human voice to new limits in 1865. A recording of last year's concert performance from Auckland can be heard this coming Sunday at 6.00pm

8.00 Music Alive Direct from Auckland's Town Hall. David Briggs (org), Auckland Philharmonic/Eckehard Stier - Stravinsky: Pulcinella Suite; Poulenc: Concerto for organ, strings and timpani; Brahms: Symphony No 1 in C minor Op 68 (RNZ)

10.00 Day's End Music to wind down to
12.00am Music Through the Night

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking 8.30 Leighton Smith **Noon** Danny Watson 4.00 Larry Williams 7.00 Tony Veitch **Sportstalk** 8.00 Kerrie McIvor **Talkback** 12.00am Tim Roxborough **Talkback** 5.00 - 6.00 Rachel Smalley

TV1 FREEVIEW 1 SKY 001

- 6.00 Breakfast** With Rawdon Christie and Ali Pugh.
- 9.00 Good Morning** With Jeanette Thomas, Astar and Matai Smith.
- 10.00 There's No Taste Like Home** (G, R) Hale: Gino D'Acampo is in Hale, Greater Manchester.
- 11.00 House Gift** (G, R) Three interior designers, each with a different budget, snoop around an ordinary home to find the perfect gift for its occupants.
- Noon ONE News (C)**
- 12.30 Emmerdale** (C) Today: Laurel sees the light, and Debbie is nervous about Ross' upcoming big fight.
- 1.00 Coronation Street** (PGR, R, C, AD) Nick sets out to confront David when Tina confirms his suspicions and Tracy suggests to Rob she should move in with him.
- 2.00 Come Dine with Me** (PGR, C) Five contestants each host a dinner party.
- 2.55 Tipping Point** (G) Hosted by Ben Shephard.
- 3.55 Te Karere (C)**
- 4.25 The Chase** (G, C) UK gameshow in which teams answer quick-fire questions.
- 5.25 Millionaire Hot Seat** (G, C) Hosted by Eddie McGuire.
- 6.00 ONE News (C)**
- 7.00 Seven Sharp** (C) Mike Hosking and Pippa Wetzell present current affairs and lifestyle items.
- 7.30 Kiwi Living** (HD, C) Miriama Kamo, Michael Van de Elzen, Matt Gibb, Erin Simpson, Lee-Anne Wann, Luke Bettsworth and Tony Murrell present a lifestyle series featuring local food, travel, living, health and well-being, fashion and gardening.
- 8.30 Coronation Street** (PGR, C, AD) David is wracked with guilt; Rob confronts Peter; and Mandy and Lloyd continue to irritate each other.
- 10.30 ONE News Tonight (C)**
- 11.00 999: What's Your Emergency?** (AO, C) UK series that follows emergency health professionals. As Far as They're Concerned, I'm Not Crazy Enough: Frontline paramedics do their best to help patients with mental health problems, often facing difficult and dangerous situations for which they have little training.
- 12.00am - 6.00 Tennis** Wimbledon Championships, day 11 live from London. Play past 6.00am will continue streaming live on tvnz.co.nz/wimbledon.

TV2 FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar Ministries**
- 6.30 Tiki Tour** (G, R, HD, C)
- 6.50 The Looney Tunes Show** (G, R, C)
- 7.20 Sanjay and Craig** (G, R, C)
- 7.45 Generator Rex** (G, R, C)
- 8.15 The Adventures of Chuck and Friends** (G, R, C)
- 8.35 Handy Manny** (G, R, C)
- 9.00 Infomercials**
- 10.30 Neighbours** (G, R, C)
- 11.00 Home and Away** (R, C)
- 11.30 Shortland Street** (R, HD, C, AD)
- Noon Cougar Town** (PGR, R, C)
- 12.30 Full House** (G, R, C)
- 1.00 Lemonade Mouth** (2011, G, R, C) Bridgit Mendler.
- 3.05 The Fresh Prince of Bel Air** (G, R, C)
- 3.35 Looped** (C)
- 4.00 Austin & Ally** (G, C)
- 4.30 The 4.30 Show** (G) Today: The team head to Sydney to check out the harbour; visit the actors at NIDA; and spring an animal surprise.
- 5.00 America's Funniest Home Videos** (G, C)
- 5.30 Home and Away** (C)
- 6.00 Friends** (G, R, C)
- 6.30 Neighbours** (G, C) Tonight: Nate and Aaron are forced to work together, and the baby brings Joshua and Amber closer.
- 7.00 Shortland Street** (PGR, HD, C, AD) Tonight: Vinnie and Nicole are blind to a breakthrough; love hurts for Mo; and TK pushes a friend to the edge. Writer Victor Rodger, director Simon Bennett.
- 7.30 The Voice Australia** (C) Australian singing competition with judges Ricky Martin, Delta Goodrem, Joel and Benji Madden and Jessie J.
- 9.05 Take Me Out** (PGR, C) Paddy McGuinness hosts a UK dating show.
- 10.15 Sexy Beasts** (AO) Bridget, the Tree: Bridget the Tree dates three suitors: Chris the Leprechaun, Jake the Fish, and Matt Demon.
- 10.50 Supernatural** (AO, C) Dark Dynasty: Sam, Rowena, Castiel and Charlie work on decoding the Book of the Damned.
- 11.45 The Vampire Diaries** (AO) I'll Wed You in the Golden Summertime: At Alaric and Jo's wedding, chaos ensues.
- 12.40am Two and a Half Men** (PGR, R, C)
- 1.35 Infomercials**
- 2.35 The 100** (AO, R, C)
- 3.20 Arrow** (AO, R, C)
- 4.10 Regular Show** (PGR, R, C)
- 4.20 Good Luck Charlie** (G, R, C)
- 4.40 The 4.30 Show** (G, R)
- 5.10 Neighbours** (G, R, C)
- 5.35 - 6.00 Jessie** (G, R, C)

TV3 FREEVIEW 3 SKY 003

- 6.00 Paul Henry**
- 9.00 Infomercials**
- 10.30 The Bold and the Beautiful** (PGR, HD)
- 11.00 Rachael Ray** (G, R, HD)
- Noon 3 News**
- 12.30 Baggage** (PGR, R, HD)
- 1.00 Dr Phil** (PGR, R, HD) Today: Mid Life Marriage Meltdown.
- 2.00 The Ricki Lake Show** (PGR, HD)
- 3.00 The Real Housewives of New Jersey**
- 4.00 Million Dollar Minute** (G, R)
- 4.30 Bondi Vet** (G, R, HD, C)
- 5.00 Entertainment Tonight** (G)
- 5.30 The Simpsons** (G, R, HD, C)
- 6.00 3 News**
- 7.00 Come Dine with Me NZ** (PGR, HD) Tonight: Dirk the cat-loving eccentric foodie hosts a glamorous Hollywood party.
- 7.30 Jono and Ben** (HD) Jono Pryor, Ben Boyce, Guy Montgomery and Rose Matafeo present a comedy series.
- 8.30 The Graham Norton Show** (HD) Tonight: Lewis Hamilton, Ewan McGregor, Jack Whitehall, and Rita Ora.
- 9.30 7 Days** (AO, HD) Jeremy Corbett hosts a panel show.
- 10.05 Fail Army** (AO, HD) Presented by Joseph Moore and Guy Montgomery.
- 10.35 Newsworthy**
- 11.05 The Blacklist** (AO, R, HD, C)
- 12.05am The Good Wife** (AO, R, HD)
- 1.00 Hawaii Five-O** (AO, R, HD, C)
- 1.50 Infomercials**
- 5.00 - 6.00 Infomercials**



TV1: Tennis, Wimbledon Championships, 12.00am

PRIME FREEVIEW 10 SKY 004

- 6.00 Home Shopping**
- 6.30 The Crowd Goes Wild** (G, R)
- 7.00 Deal or No Deal** (G, R)
- 7.30 Home Shopping**
- Noon The Doctors** (PGR)
- 1.00 The Tonight Show Starring Jimmy Fallon** (PGR, R)
- 2.00 Scorpion** (PGR, R)
- 3.00 Storage Wars: New York** (G, R)
- 3.30 Whose Line is it Anyway USA** (PGR, R)
- 4.00 Gordon Ramsay: Ultimate Cookery Course** (G, R)
- 4.30 Hot Bench** (G)
- 5.00 Deal or No Deal** (G)
- 5.30 Prime News**
- 6.00 Escape to the Country** (G, R)
- 7.00 The Crowd Goes Wild** (G)
- 7.30 60 Minutes** (PGR, R)
- 8.30 Bones** (PGR)
- 9.30 Celebrity Wife Swap USA** (PGR)
- 10.30 The Tonight Show Starring Jimmy Fallon** (PGR)
- 11.30 The Crowd Goes Wild** (G, R)
- 12.00am Home Shopping**
- 1.30 The Crowd Goes Wild** (G, R)
- 2.00 - 2.30 Home Shopping**

FOUR FREEVIEW 4 SKY 012

- 6.00 Children's Programmes**
- 9.50 Infomercials**
- 2.00 Sesame Street** (G, R, HD)
- 2.55 Pingu** (G, R)
- 3.00 Sticky TV** (G)
- 5.05 Mr Young** (G)
- 5.30 Life's Funniest Moments**
- (G)**
- 6.00 Malcolm in the Middle** (G, R, C)
- Clip Show:** Hal takes the boys to a psychiatrist.
- 6.30 How I Met Your Mother** (G, R, HD)
- Aldrin Justice:** Barney seduces Marshall's law professor.
- 7.00 The Simpsons** (PGR, R, C)
- Today, I Am a Clown:** Krusty finds his star is not included on the Jewish Walk of Fame.
- 7.30 New Girl** (PGR, R, HD)
- Sister:** Jess' wild child sister visits.
- 8.00 Raising Hope** (PGR, R, HD)
- The One Where They Get High:** Maw Maw has a new boyfriend who encourages her to take risks.
- 8.30 Smokin' Aces 2: Assassins' Ball** (2010, AO, R, HD)
- An unassuming desk jockey at the FBI discovers there is a plot to assassinate him.**
- Tom Berenger, Clayne Crawford, Tommy Flanagan,**
- 10.20 Lights Out** (AO, R, HD)
- Cut Men:** Lights' health and career are jeopardised after Reynolds refuses to postpone the fight.
- 11.10 Entertainment Tonight** (G)
- 11.35 - 6.00am Infomercials**

MAORI FREEVIEW 5 SKY 019

- 6.30 Children's Programmes** (G, R)
- 8.00 Swagger** (G, R)
- 8.30 Te Kaea** (R)
- 9.00 Unsung Heroes of Maori Music** (G, R)
- 9.30 Kai Time on the Road** (G, R)
- 10.00 Korero Mai** (G, R)
- 11.00 Toku Reo** (G, R)
- Noon Korero Mai** (G, R)
- 1.00 Toku Reo** (G, R)
- 2.00 Pacific Games**
- 3.00 Kai Time on the Road** (G, R)
- 3.30 Pukoro** (G)
- 4.00 Team Umizoomi** (G, R)
- 4.30 The Penguins of Madagascar** (G, R)
- 5.00 Tribe** (G)
- 5.30 Te Kaea**
- 6.00 Nga Pari Karangaranga** (G)
- Ako** (G)
- 7.00 Te Kaea** (R)
- 7.30 Te Matatini 2015** (G)
- 8.00 Find Me a Maori Bride** (PGR)
- 8.30 Homai Te Pakipaki** (G) Live singing competition.
- 9.30 Brown Eye** (AO)
- 10.00 Billy T James** (AO)
- 10.30 Fresh** (G)
- 11.00 - 11.30 Te Kaea** (R)

FRIDAY JULY 10

SKY PREMIERE SKY 030	MOVIES GREATS SKY 033	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>6.55 Now You See Me (2013, M) Jesse Eisenberg.</p> <p>8.50 Breakaway (2011, PG) Rob Lowe.</p> <p>10.30 The Hobbit: The Desolation of Smaug (2013, M) Martin Freeman.</p> <p>1.10 The Hundred-Foot Journey (2014, PG) Helen Mirren.</p> <p>3.15 Now You See Me (2013, M) Jesse Eisenberg.</p> <p>5.10 Wild Bill (2011, 16) Charlie Creed-Miles.</p> <p>6.50 Ride Along (2014, M) Ice Cube.</p> <p>8.30 Runner Runner (2013, M) When a college student hacks an online poker game and goes bust, he arranges a face-to-face meeting with the man he thinks cheated him. Justin Timberlake.</p> <p>10.05 The Bag Man (2014, 18) A criminal bides his time at a seedy motel. John Cusack.</p> <p>11.55 Cubicle Warriors (2013, 16) Two rookie investment bankers embark on a crazy mission. Michael Seater.</p> <p>1.15am Wild Bill (2011, 16) 2.55 Ride Along (2014, M) 4.35 The Bag Man (2014, 18)</p>	<p>7.35 Heavenly Creatures (1994, PG) Melanie Lynskey.</p> <p>9.15 District 9 (2009, 16) Sharlto Copley.</p> <p>11.05 The Whole Nine Yards (2000, M) Bruce Willis.</p> <p>12.45 The Twilight Saga: Breaking Dawn Part 2 (2012, M) Robert Pattinson.</p> <p>2.40 The Holiday (2006, M) Cameron Diaz.</p> <p>4.55 Alien vs Predator (2004, M) Sanaa Lathan.</p> <p>6.35 The Longest Yard (2005, M) Adam Sandler, Chris Rock.</p> <p>8.30 Taking Lives (2004, 16) An FBI profiler is called upon to help catch a serial killer who assumes the identities of the people he murders. Angelina Jolie, Ethan Hawke.</p> <p>10.15 Bruce Almighty (2003, M) A guy who complains about God too often is given almighty powers to teach him a lesson. Jim Carrey.</p> <p>11.55 Terminator Salvation (2009, M) Christian Bale, Sam Worthington.</p> <p>1.50am The Longest Yard (2005, M) 3.40 Taking Lives (2004, 16) 5.20 The Holiday (2006, M)</p>	<p>6.45 Australian Biography (PG) Melanie Lynskey.</p> <p>7.30 Gunfight at the OK Corral (1957, PG) Burt Lancaster.</p> <p>9.30 The Gumball Rally (1976, PG) Normann Burton.</p> <p>11.15 The Presidio (1988, M) Sean Connery.</p> <p>12.50 Spawn (1997, M) Michael Jai White.</p> <p>2.30 The Great Raid (2005, M) Benjamin Bratt.</p> <p>4.40 Rounders (1998, 16) Matt Damon.</p> <p>6.40 Major League (1989, PG) Tom Berenger, Charlie Sheen.</p> <p>8.30 Raising Cain (1992, M) A psychologist with multiple personalities sets out to continue the experiments of his deranged father. John Lithgow, Lolita Davidovich.</p> <p>10.00 The Man Who Fell to Earth (1976, 18) An alien travels to Earth in search of water. David Bowie, Candy Clark, Rip Torn.</p> <p>12.20am Friday the 13th (1980, 16) 1.55 American Gigolo (1980, 16) 3.50 Don't Be a Menace to South Central While Drinking Your Juice in the Hood (1996, 18) 5.20 Australian Biography (PG)</p>	<p>6.55 Is the Man Who Is Tall Happy? (2013, G) French documentary.</p> <p>8.25 Palo Alto (2014, 16) Emma Roberts.</p> <p>10.05 Tenderness (2013, M) Marilyne Canto.</p> <p>11.30 Dancing on the Edge (16, season 1, episodes 1-4)</p> <p>5.50 Dancing on the Edge Special (16)</p> <p>6.55 Love Is Strange (2014, M) The lives of a gay couple in their sixties change when they marry. John Lithgow, Albert Molina.</p> <p>8.30 Ghost in the Shell (1995, M) A cyborg agent is ordered to find a villain responsible for a bloody rampage. Atsuko Tanaka, Iemasa Kayumi.</p> <p>9.55 Two Lives (2012, M) Based on the stories of Norwegian war children in Germany. Julianne Kohler, Liv Ullmann.</p> <p>11.35 Manipulation (2011, M) Sebastian Koch.</p> <p>1.05am Tenderness (2013, M) 2.30 Uphill (2013, M) 2.50 Dancing on the Edge (2013, 16) 4.25 Dancing on the Edge (2013, 16, season 1, episode 2)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 026

6.00 Benny Hinn **6.30 Italian Food Safari** **7.00** Made in Italy with Silvia Colloca **7.30 Heaven's Kitchen at Large** **8.30 Love Nature: Natural World** **9.30 Kylie Kwong: My China** **10.00 Shane Delia's Spice Journey** **10.30 Kirstie's Best of Both Worlds** **11.30 The Liquidator** **Noon Jamie's Food Escapes** **1.00 In Search of Perfection** **1.30 Italian Food Safari** **2.00** Made in Italy with Silvia Colloca **2.30 Wild Kitchen** **3.00 Heaven's Kitchen at Large** **4.00 Love Nature: Natural World** **5.00 Donna Hay: Fast, Fresh, Simple** **5.30 The Delicious Miss Dahl** **6.00 Decks, Docks and Gazebos** **6.30 House Crashers** **7.00 Auction Kings** **7.30 Better Homes and Gardens** **9.00 Best House on the Street** **10.00 Escape to River Cottage** **10.30 Auction Kings** **11.00 Donna Hay: Fast, Fresh, Simple** **11.30 The Delicious Miss Dahl** **12.00am Yard Crashers** **12.30 Benny Hinn** **1.00 Heaven's Kitchen at Large** **2.00 Love Nature: Natural World** **3.00 Decks, Docks and Gazebos** **3.30 House Crashers** **4.00 Best House on the Street** **5.00 Escape to River Cottage** **5.30 Love Nature: Natural World**

UKTV SKY 007

6.15 8 Out of 10 Cats (M) **6.45 EastEnders** (PG) **7.15 Keeping Up Appearances** (PG) **7.45 The Bill** (M) **8.35 The Graham Norton Show** (M) **9.25 Pointless** **10.15 Scott & Bailey** (M) **11.05 The Bill** (M) **11.55 EastEnders** (PG) **12.25 Keeping Up Appearances** (PG) **12.55 8 Out of 10 Cats** (M) **1.25 The Graham Norton Show** (M) **2.15 Prime Suspect** (16) **4.10 The Bill** (M) **5.05 Scott & Bailey** (M) **6.00 Pointless** **6.55 Would I Lie to You?** (PG) **7.25 QI** (M) **8.00 8 Out of 10 Cats** (M) **8.30 Banished** (16) Tonight: As Elizabeth and Tommy's marriage is blessed, the camp receives some bad news from Governor Philip. **9.40 Silent Witness** (16) Run: Leo is concerned that the police are involved with a cover-up. **11.35 The Graham Norton Show** (M) **12.25am The Bill** (M) **1.20 Pointless** **2.15 Keeping Up Appearances** (PG) **2.45 Prime Suspect** (16) **4.40 The Syndicate** (M) **5.35 The Office** (M)

Living SKY 008

6.00 Bargain Hunt **6.30 May the Best House Win** **7.30 Escape to the Continent** **8.30 Selling Houses**



Sky Premiere: Runner Runner, 8.30pm

with Amanda Lamb **9.30 The Nate Berkus Show** **10.30 Homes Under the Hammer** **11.30 Antiques Roadshow** **12.30 Escape to the Country** **1.30 Priceless Antiques Roadshow** **2.00 Escape to the Continent** **3.00 DIY SOS: The Big Build** **4.00 Selling Houses** with Amanda Lamb **5.00 Bargain Hunt** **6.00 Zoo Days** (M) **6.30 Antiques Roadshow** **7.30 Homes Under the Hammer** **8.30 Location Location Location** **9.30 Kirstie's Best of Both Worlds** **10.30 Fixer Upper** **11.30 DIY SOS: The Big Build** **12.30am Bargain Hunt** **1.30 Antiques Roadshow** **2.30 Homes Under the Hammer** **3.30 Fixer Upper** **4.30 DIY SOS: The Big Build** **5.30 Bargain Hunt**

Sky Arts SKY 027

6.25 Living the Life **7.15 Peacock's Day** **7.30 Movie Stars** **8.00 Daniel Hope: The Secret of the Violin** **8.30 Kent Gavin: Royal Photographer** **9.00 First Tuesday Book Club** **10.00 In the Footsteps of Famous Composers** **10.55 Inside the National Trust** **11.45 Great Scots: The Writers Who Shaped a Nation** **12.30 The Chair** **1.25 Don McLean: American Troubadour** **2.25 Living the Life** **3.15 Peacock's Day** **3.30 Movie Stars** **4.00 JFK: One PM Central Standard Time** **5.00 Live from the Artists Den** **5.55 Eva Cassidy: Timeless Voice** **6.55 Inside the National Trust** **7.45 Rankin Presents** **8.30 Capture 9.00 African Masters** **9.30 Neil McCormick's Needle Time**: Fergal Sharkey **10.20 Hugh Laurie: Live on the Queen Mary** **12.00am JFK: One PM Central**

Standard Time **1.00** Live from the Artists Den **1.55 Eva Cassidy: Timeless Voice** **2.55 Inside the National Trust** **3.45 Rankin Presents** **4.30 Capture 5.00 African Masters** **5.30 Neil McCormick's Needle Time**

SoHo SKY 010

6.05 Nip/Tuck (16) **6.55 The Brink** (16) **7.25 Ballers** (16) **7.55 Hunted** (18) **8.55 Penny Dreadful** (18) **9.55 Breaking Bad** (18) **10.45 Happyish** (16) **11.15 The Affair** (16) **12.15 Justified** (M) **1.00 Hunted** (18) **2.00 Penny Dreadful** (18) **3.00 The Brink** (16) **3.30 Ballers** (16) **4.00 Happyish** (16) **4.30 Episodes** (16) **5.30 Breaking Bad** (18) **6.20 Justified** (M) **7.00 Nightingale** (2014, 16) **8.30 The Affair** (16) Tonight: Noah, a husband, father and writer, meets Allison, a waitress at a beach town restaurant. **9.30 Halt and Catch Fire** (M) **10.30 Justified** (M) **11.20 The Brink** (16) **11.50 Ballers** (16) **12.20am Halt and Catch Fire** (M) **1.20 The Affair** (16) **2.20 The Brink** (16) **2.50 Ballers** (16) **3.20 Justified** (M) **4.05 Halt and Catch Fire** (M) **5.05 Nip/Tuck** (16)

BBC World News SKY 089

6.00 World News Today **6.30 World Business Report** **6.45 Sport Today** **7.00 World News Today** **7.30 HARDtalk** **8.00 Outside Source** **9.00 BBC World News America** **10.00 Newsday** **10.30 Asia Business Report** **10.45 Sport Today** **11.00 Newsday** **11.30 Asia Business Report** **11.45 Sport Today** **Noon Newsday** **12.30 Asia Business Report** **12.45 Sport Today** **1.00 BBC World News** **1.30 Asia Business Report** **1.45 Sport Today** **2.00 BBC World News** **2.30 Asia Business Report** **2.45 Sport Today** **3.00 BBC World News** **3.30 HARDtalk** **4.00 BBC World News** **4.30 World Business Report** **4.45 BBC World News** **5.30 World Business Report** **5.45 BBC World News** **6.00 BBC World News** **6.30 BBC World News** **6.45 World Business Report** **7.00 BBC World News** **7.30 BBC Business Live** **8.00 BBC World News** **8.30 HARDtalk** **9.00 BBC World News** **9.30 World Business Report** **9.45 Sport Today** **10.00 BBC World News** **11.00 GMT** **12.30am World Business Report** **12.45 Sport Today** **1.00 Impact** **2.30 Talking Business** **3.00 BBC World News** **3.30 World Business Report** **3.45 Sport Today** **4.00 BBC World News** **4.40 Africa Business Report** **5.00 BBC World News** **5.30 BBC Focus on Africa**

SPORT

Sky Sport 1 SKY 051

6.00 Golf, US Women's Open, round one, **live.** **11.00** Volvo Ocean Race **Noon** Toyota Grassroots Rugby **1.00** The Ultimate Fighter 21 **2.00** Mixed Martial Arts **3.00** Motorcycle Racing, AMA Motocross. **4.00** Toyota Grassroots Rugby **5.00** #Skyspeed **5.30** The Breakdown **6.30** World Rugby **7.00** Super Rugby, final. **7.30** Rugby, Samoa v All Blacks **9.30** Rugby, Ranfurly Shield, Hawke's Bay v Wairarapa Bush. **11.40** Cycling, Tour de France, stage six, 192km ride from Abbeville to Le Havre. **12.10am** Cycling, Tour de France, stage seven, 191km ride from Livarot to Fougeres, **live.** **3.35** World Rugby **4.00** Athletics, IAAF Diamond League.

Sky Sport 2 SKY 052

6.00 Boots'n'All **6.30** UK Super League, Wigan Warriors v Leeds Rhinos, **live.** **9.30** NRL 360 **10.30** Big Weekend with Matty Johns **11.30** UK Super League, Wigan Warriors v Leeds Rhinos. **Noon** The NRL Footy Show **2.00** State of Origin, game three, Queensland v NSW. **2.30** Golf Central **3.00** UK Super League, Wigan Warriors v Leeds Rhinos. **3.30** NRL 360 **4.30** Big Weekend with Matty Johns **5.30** UK Super League, Wigan Warriors v Leeds Rhinos. **7.30** The NRL Footy Show **9.30** Rugby League, NRL, Raiders v Knights, **live.** **12.00am** Rugby League, State of Origin, game three, Queensland v New South Wales. **12.30** UK Super League, Wigan Warriors v Leeds Rhinos. **1.00** Rugby, Samoa v All Blacks **1.30** Fox Sports News **2.00** NRL, Raiders v Knights. **4.00** The NRL Footy Show

Sky Sport 3 SKY 053

6.00 Cycling, Tour de France, stage six, 192km ride from Abbeville to Le Havre. **8.00** Cricket, England v Australia, the Ashes, first test, day two. **8.30** Rugby, Ranfurly Shield, Hawke's Bay v Wairarapa Bush. **10.50** Cricket, Caribbean Premier League Twenty20, Jamaica Tallawahs v Saint Lucia Zouks, **live.** **2.30** Cricket, England v Australia, the Ashes, first test, day two. **3.00** ICC Cricket World Cup 2015: The



Discovery: Big Fish Man, 8.30pm

Time of Our Lives **4.00** Golf, US Women's Open, round one. **4.30** Athletics, IAAF Diamond League. **6.30** Golf Central **7.00** Golf, US Women's Open, round one. **7.30** Cricket, Caribbean Premier League Twenty20, Tallawahs v Zouks. **8.30** Athletics, IAAF Diamond League. **9.30** Cricket, England v Australia, the Ashes, first test, day two. **9.58** Cricket, England v Australia, the Ashes, first test, day three, morning session, **live.** **12.05am** Cricket, Caribbean Premier League Twenty20. **12.35** Cricket, England v Australia, the Ashes, first test, day three, afternoon session, **live.** **5.30** Golf, US Women's Open, round one.

ESPN SKY 061

6.00 ESPN Original Documentaries **7.00** NFL Insiders **7.30** NFL Live **8.30** Highly Questionable **9.00** SportsNation **10.00** SportsCenter **11.00** Harlem Globetrotters **1.00** Baseball, MLB. **2.00** Baseball Tonight **3.00** SportsCenter **4.00** Poker, 2014 Classics. **5.00** SportsCenter **6.00** NFL Live **7.00** Around the Horn **7.30** Pardon the Interruption **8.00** Baseball Tonight **9.00** SportsCenter **10.00** ESPN FC **10.30** ATP World Tour Weekly **11.00** ESPN Original Documentaries **1.00am** SportsCenter **2.00** Gridiron, Canadian Football League, Ottawa Redblacks v Montreal Alouettes. **4.00** ESPN First Take

DOCUMENTARIES

Discovery SKY 070

6.00 Savage Family Diggers (PG) **6.30** Deadliest Catch (PG) **7.30** Gold Rush (PG) **8.30** MythBusters (PG) **9.30** Alaskan Bush People (M) **10.30** Bering Sea Gold (PG) **11.30** Swamp Murders (M) **12.30** Crimes That Shock the World (M) **1.30** Deadly Affairs **2.30** How It's Made (PG) **3.30** Gold Rush (PG) **4.30** Naked and Afraid **5.30** MythBusters (PG) **6.30** MythBusters **7.30** Railroad Alaska **8.30** Big Fish Man (PG) Jakub Vagner, world record-holding fisherman, survivalist and adventurer, searches for the world's biggest freshwater fish. **9.30** Deadliest Catch (PG) **10.30** How It's Made (PG) **11.30** Gold Rush (PG) **12.30am** Who the (Bleep) Did I Marry? (M) **1.30** Redrum (M) **2.30** Dukes of Haggis (M) **3.00** Deadliest Catch (PG) **5.00** MythBusters (PG)

National Geographic SKY 072

6.00 Cold Water Gold (M) **6.30** Air Crash Investigations (PG) **7.30** Wicked Tuna (M) **8.30** To Catch a Smuggler: JFK Airport (PG) **9.30** Dead End Express (M) **10.30** Seconds from Disaster (PG) **11.30** Science of Stupid (M) **Noon** Brain Games (PG) **12.30** Air Crash Investigations (PG) **1.30** Cabin Fever (PG) **2.30** Britain's Greatest Machines **3.30** Restrepo: The Deadliest Outpost (M) **5.30** Street Genius (PG) **6.00** Hacking the System (PG) **6.30** Brain Games (PG) **7.00** Science of Stupid (M) Hosted by Richard Hammond. **7.30** Air Crash Investigations (PG) **9.30** Innovation Nation (PG) **10.30** Underworld Inc. (M) **11.30** Air Crash Investigations (PG) **12.30am** Seconds from Disaster (M) **1.30** Drugs Inc. (M) **2.30** Wicked Tuna (M) **3.30** Dead End Express (M) **4.30** Perfect Weapon (PG) **5.30** Do or Die (PG)

History SKY 073

6.00 Hangar 1: The UFO Files (PG) **6.30** Ancient Aliens (PG) **7.30** The Conspiracy Show (PG) **8.30** Lost Treasures of the Ancient World **9.30** Mysteries at the Museum (PG) **10.30** Secrets in the Dust (PG) **11.30** The Universe: Ancient Mysteries Solved (PG) **12.30** The Curse of Oak Island (PG) **1.30** Hangar 1: The UFO Files (PG) **2.30** Wars in Peace (PG) **3.00** Hunters in the Sky (PG) **3.30** Dogfights (PG) **4.30** Lost Treasures of the Ancient World **5.30** Myth Hunters (PG) **6.30** Secrets in the Dust (PG) **7.30** Architects of Darkness (PG) **8.30** Cromwell: God's Executioner (PG) **9.30** Hitler's Holocaust (PG) **10.30** CIA Declassified (PG) **11.30** Jack the Ripper (M) **12.30am** The Curse of Oak Island (PG) **1.30** The Conspiracy Show (PG) **2.30** Monsters & Mysteries (M) **3.30** Architects of Darkness (PG) **4.30** Cromwell: God's Executioner (PG) **5.30** Hitler's Holocaust (PG)

BBC Knowledge SKY 074

6.00 Deadly 60 (PG) **6.05** Wild Mothers and Babies (PG) **7.00** How We Got to Now **7.55** The Truth About (PG) **8.45** Operation Cloud Lab **9.35** Where the Wild Men Are with Ben Fogle (M) **10.20** Stephen Fry in America **11.20** Wild Mothers and Babies (PG) **12.15** Eggheads (PG) **12.45** Top Gear USA (M) **1.30** Top Gear (PG) **2.25** Tribal Wives (M) **3.25** Ross Kemp: Extreme World (16) **4.10** Embarrassing Teen Bodies (M) **5.00** Eggheads (PG) **5.30** Top Gear (PG) **7.30** Embarrassing Bodies (M) **8.30** Who Do You Think You Are? (PG) Mary Berry **9.35** Museum Secrets (M) **10.30** Top Gear (PG) **11.30** Richard Hammond's Crash Course (PG) **12.20am** Tribal Wives (M) **1.20** Ross Kemp: Extreme World (16) **2.05** Embarrassing Teen Bodies (M) **2.55** Embarrassing Bodies (M) **3.55** Who Do You Think You Are? (PG) **5.00** Museum Secrets (M) **5.55** Where the Wild Men Are with Ben Fogle (M)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Mana Korihia News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan News, interviews and current affairs, Including: 10.45 The Reading: I Am Not Esther, by Fleur Beale, read by Hana Pomare (5 of 10, RNZ) (ninetoonoon@radionz.co.nz)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

Information and debate, people and places around NZ (afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora (RNZ) Discussion featuring a range of panellists from right along the opinion spectrum (thepanel@radionz.co.nz)

5.00 Checkpoint News and current affairs, including: 6.35 Focus on Politics: Analysis of significant political issues presented by Radio New Zealand's parliamentary reporting team (RNZ) (checkpoint@radionz.co.nz)

7.06 Nights with Bryan Crump Entertainment and information, Including: 9.06 Country Life: Memorable scenes, people and places in rural NZ (RNZ) (nights@radionz.co.nz)

10.00 News and Late Edition Including Dateline Pacific and the day's best interviews from RNZ National

11.06 WOMAD Taranaki 2015 Trevor Reekie presents a series of recordings from this year's WOMAD festival (2 of 13, RNZ)

12.04am All Night Programme Including: 12.05 Music After Midnight (RNZ); 12.30 Laugh Track (RNZ); 1.05 From the World (BBC); 2.05 NZ Live (RNZ); 3.05 The First Letter, by Stanley Makauwe (RNZ); 3.30 The Week (RNZ); 4.30 Global Business (BBC); 5.10 Witness (BBC); 5.45 Voices (RNZ)

Details available at radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week: Aaron Copland (1900-90) See page 72

10.00 Weekday Classics with Clarissa Dunn

Including: Works by Schubert, Kodaly, Beethoven and G Charpentier; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat with Eva Radich Music news and current affairs (RNZ)

3.00 Classic Afternoons with David Morris

Including: CD Masters: Classic performances from the back catalogue; 4.00 Made in New Zealand: NZ performers and composers

7.00 Sound Lounge with Kate Mead

A balance of hardcore avant garde, atmospheric soundscapes, up-to-the-minute contemporary, early 20th-century and a touch of art pop, including: 11.00 New Music Dreams

12.00am Music Through The Night

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **8.30** Leighton Smith Noon Danny Watson **4.00** Larry Williams **7.00** Tony Veitch **8.00** Bruce Russell Talkback **12.00am - 6.00** Tim Roxborough Talkback



**BILL
RALSTON**

Craig's jam

As a case study in PR bungling, Colin Craig's demise takes the cake.

Hubris. Pride and excessive ambition. It's brought a few people down over the years and most of us enjoy the view from the sidelines. Many of us have been happily absorbing the public immolation of Colin Craig and, to a lesser extent, his former press secretary Rachel MacGregor.

A visitor to New Zealand might wonder why our media have been paying so much attention to the troubles of the leader (or now former leader) of a minor political party that doesn't have a single seat in Parliament and attracts just a few per cent of the vote. The answer is, of course, tall poppy syndrome, although in Craig's case, little daisy syndrome might be a more apt description. We are secretly delighted when the famous or well known commit sins we ourselves may have committed and are publicly held to account.

For the hermits among us, here's a brief precis of events: the former Conservative Party leader

has admitted non-specific "inappropriate" dealings with his long-serving press secretary who quit two or three days before the last election alleging he was "manipulative". The pair eventually reached an employment case settlement in which he gave her a cheque and gained a confidentiality agreement in return.

Subsequently allegations of sexual harassment have been hurled about in a somewhat non-confidential way. Certainly, the excruciatingly awful crumpled love poem he allegedly sent her must amount to harassment of the worst kind in that it was a cruel abuse of the English language – a prose crime. I should point out at this stage there's no suggestion of any sexual acts having occurred, just wrongful lust from afar by Craig.

In public relations terms, Craig has handled the whole issue badly. When rumours started leaking about the, er, let's call it an imbroglio, he failed to follow the usual and almost always fail-safe CAP strategy.

To explain: the "C" stands for concern or empathy. When guilty and caught like a rabbit in the headlights of publicity, show concern, apologise, abase yourself, cry if you have to. Show that you're sorry. Instead, Craig held repeated press conferences at which he smiled and obfuscated.

The "A" is for action. That means what action he will now take to make things better, or as LV Martin used to say, "It's the putting right that counts". Judging by what MacGregor's been tweeting,

nothing was put right.

The "P" is for perspective. Sometimes the media blow an issue out of proportion, and although Craig may insist that's the case here, it's hard to argue "I only sexually harassed one employee, okay?"

Having failed to follow the CAP strategy, Craig's course now should be to crawl quietly away from the glare of publicity, quit the party entirely, go home, lock the doors and pull the blinds for a few months or years and count on the public soon forgetting him.

Of course, he cannot do this. This is the party leader who, at the last election, was happy to be photographed lying smiling in long grass in a shot reminiscent of 1980s soft-focus photographer David Hamilton – except

Craig is not a teenage girl; he just looked a little like it.

This is also the man who agreed to a sweaty interview in a sauna. And nine months ago smiled through an interview in which the reporter informed him MacGregor had quit. He will accept any interview, anywhere, and if no one asks him for one he'll stage a press conference in the hope someone will turn up.

He will continue smiling, answering questions with non-answers, until one day no one asks him anything any more. ■



"Have you got anything that'll clean shit off a fan?"

The poem amounts to the worst kind of harassment – it was a prose crime.



The Best of North & South: True Stories of Murder and Mystery

NORTH & SOUTH

INVESTIGATES

MURDER (WE WROTE)

- Was the Wrong Man Convicted of Killing Ben Smart & Olivia Hope?
- Who Killed Scott Guy?
- The Crewe Murders Secrets & Lies
- The Stolen Life of Kirsty Bentley
- Mark Lundy What the Jury Didn't Hear



PRIME PRESENTS
NEW ZEALAND SEASON

BULLIES

INSIDE NEW ZEALAND'S DARK HEART

3-PART LOCAL DOCUMENTARY
PREMIERES 8.30PM / TUESDAY

PRIME